



Nutrition Information

Page 2: Carl's Jr. Nutrition Information – California

Page 3: Carl's Jr. Nutrition Information – Outside California

Page 4: Green Burrito Nutrition Information



Nutrition Information

	Allergens	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	*Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHARBROILED BURGERS													
Famous Star® with Cheese	E,M,S,W	284	670	330	37	13	1	75	1210	57	3	13	28
Super Star® with Cheese	E,M,S,W	390	930	510	56	23	2	140	1540	59	3	14	48
Western Bacon Cheeseburger®	M,S,W	245	730	310	34	14	1	75	1500	74	4	16	33
Double Western Bacon Cheeseburger®	M,S,W	327	990	480	53	24	2	140	1820	75	4	16	52
Teriyaki Burger™	E,M,S,W	316	630	260	29	11	1	70	1070	65	3	20	28
The Big Carl®	E,M,S,W	321	920	520	58	23	2	140	1380	56	3	12	47
All-Natural Burger (Single)	E,M,S,W	325	760	400	44	13	1	90	990	62	3	19	31
All-Natural Burger (Double)	E,M,S,W	408	1030	570	64	22	2	165	1260	62	3	19	54
The 1/3 lb. Original Six Dollar Thickburger®	E,M,S,W	357	830	460	51	16	2	95	1510	62	3	19	29
The 1/2 lb. Original Six Dollar Thickburger®	E,M,S,W	428	1050	650	72	27	3	150	1770	62	3	20	40
The 1/3 lb. Guacamole Bacon Thickburger®	E,M,S,W	383	990	610	68	19	2	110	1670	57	4	13	32
The 1/2 lb. Guacamole Bacon Thickburger®	E,M,S,W	453	1210	800	89	31	3	160	1860	57	4	14	43
The 1/3 lb. Western Bacon Thickburger®	E,M,S,W	289	870	430	48	17	2	95	1840	74	3	17	33
The 1/2 lb. Western Bacon Thickburger®	E,M,S,W	361	1090	620	69	28	3	145	2100	74	3	17	45
The 1/3 lb. Mile High Bacon Thickburger®	E,M,S,W	365	1010	600	67	22	2	140	2030	56	3	13	42
The 1/2 lb. Mile High Bacon Thickburger®	E,M,S,W	437	1230	790	88	33	3	195	2290	56	3	14	53
The 1/3 lb. Low Carb Thickburger®	E,M,S	259	450	310	34	13	1.5	85	1060	9	1	5	22
The 1/2 lb. Low Carb Thickburger®	E,M,S	330	670	500	56	24	3	140	1310	9	1	5	33
The 1/3 lb. Jalapeño Bacon Thickburger®	E,M,S,W	353	880	530	59	17	2	100	1570	55	3	12	28
The 1/2 lb. Jalapeño Bacon Thickburger®	E,M,S,W	423	1100	720	80	28	3	150	1760	55	3	13	39
Big Hamburger	W	203	480	160	18	8	0.5	50	870	56	3	13	25
Kid's Hamburger	W	111	270	90	10	3.5	0.5	25	540	33	1	7	11
Kid's Cheeseburger	M,S,W	127	330	140	15	7	0.5	40	810	34	1	7	14
CHARBROILED TURKEY BURGERS													
Turkey Burger	E,W	268	490	200	22	4.5	0	80	960	45	3	10	29
Guacamole Turkey Burger	M,S,W	277	480	170	19	6	0	85	1000	44	3	9	32
Teriyaki Turkey Burger	M,S,W	320	480	130	14	5	0	85	1130	56	3	20	32
Jalapeño Turkey Burger	E,M,S,W	278	500	200	22	6	0	90	1150	43	3	9	31
CHICKEN & OTHER CHOICES													
Charbroiled Chicken Club™ Sandwich	E,F,M,S,W	264	580	260	28	8	0	90	1290	46	2	11	36
Charbroiled Santa Fe Chicken™ Sandwich	E,F,M,S,W	256	560	250	27	7	0	85	1320	46	3	10	33
Charbroiled BBQ Chicken™ Sandwich	F,S,W	239	390	70	7	1.5	0	60	990	50	3	13	30
Big Chicken Fillet Sandwich	E,M,S,W	300	680	310	35	6	0	75	1360	62	4	11	32
Bacon Swiss Crispy Chicken® Sandwich	E,M,S,W	329	780	380	42	11	0.5	95	1850	64	4	13	38
Beer-Battered Cod Fish Sandwich	E,F,W	284	550	170	19	3.5	0	45	1140	74	3	12	21
Kid's Hand-Breaded Chicken Tenders™ (2 pieces)	E,M,W	85	180	80	9	2	0	45	520	9	1	0	16
Hand-Breaded Chicken Tenders™ (3 pieces)	E,M,W	128	260	110	13	2.5	0	70	770	13	2	0	25
Hand-Breaded Chicken Tenders™ (5 pieces)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (10 piece box; 2, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (15 piece box; 3, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (20 piece box; 4, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Spicy Chicken Sandwich	E,M,S,W	177	490	260	29	6	0	40	1330	43	3	6	14
Chicken Stars™ (4 pieces)	E,M,S,W	61	170	90	10	2	0	20	360	12	1	0	8
Chicken Stars™ (6 pieces)	E,M,S,W	91	260	140	16	3.5	0	30	540	18	2	0	12
Chicken Stars™ (9 pieces)	E,M,S,W	137	390	210	23	5	0	45	810	26	3	0	18
SIDES													
Natural-Cut Fries (Kids)		83	240	100	12	2	0	0	480	31	3	0	3
Natural-Cut Fries (Small)		104	300	130	15	2.5	0	0	600	39	4	0	3
Natural-Cut Fries (Medium)		147	430	190	21	4	0	0	860	55	5	0	5
Natural-Cut Fries (Large)		158	460	200	22	4	0	0	920	59	6	0	5
CrissCut® Fries	W	139	450	260	29	5	0	0	900	42	4	0	5
Onion Rings	M,W	128	530	250	28	4.5	0	0	590	61	3	6	8
Fried Zucchini	M,W	139	330	160	18	3	0	0	610	36	2	7	6
SALADS-WITHOUT DRESSINGS													
Charbroiled Chicken Salad	F,M,S,W	441	320	100	11	3.5	0	75	770	27	3	10	31
Garden Side Salad	M,S,W	149	110	40	4.5	1.5	0	5	230	15	2	4	4
SALAD DRESSINGS & DIPPING SAUCES													
House Dressing	E,M	57	210	210	23	3.5	0	25	430	5	0	2	0
Blue Cheese Dressing	E,M	57	310	310	34	6	0	20	370	2	0	1	2
Low Fat Balsamic Vinaigrette Dressing		28	60	50	5	1	0	0	130	3	0	3	0
Sweet & Bold BBQ Dipping Sauce		25	50	0	0	0	0	0	190	12	0	11	0
Buttermilk Ranch Dipping Sauce	E,M	25	110	100	11	1.5	0	5	250	2	0	1	0
Honey Mustard Dipping Sauce	E	25	130	110	12	2	0	10	135	4	0	3	0
Spicy Buffalo Dipping Sauce		21	5	0	0	0	0	0	470	1	0	0	0
BREAKFAST													
The Breakfast Burger™	E,M,S,W	289	800	390	43	18	1	245	1380	68	4	13	37
Grilled Cheese Breakfast Sandwich (Ham)	E,M,S,W	202	490	230	25	13	0.5	220	1650	40	1	4	29
Grilled Cheese Breakfast Sandwich (Sausage)	E,M,S,W	179	640	380	43	19	0.5	235	1500	40	2	4	30
Grilled Cheese Breakfast Sandwich (Bacon)	E,M,S,W	209	510	270	30	15	0.5	215	1290	39	1	4	26
Steak & Egg Burrito	E,M,S,W	298	650	330	36	20	0	415	1730	44	2	3	35
Loaded Breakfast Burrito	E,M,S,W	302	780	430	48	22	0	395	1500	53	3	2	31
Big Country® Breakfast Burrito	E,M,S,W	297	720	390	44	19	0	370	1460	56	3	2	26
Bacon & Egg Burrito	E,M,S,W	203	570	310	34	18	0	375	1000	38	1	1	26
Hash Brown Nuggets (Small)	W	108	350	210	23	4	0	0	440	32	3	0	3
Hash Brown Nuggets (Medium)	W	119	390	230	26	4.5	0	0	490	36	4	0	3
Hash Brown Nuggets (Large)	W	173	560	330	37	7	0	0	710	52	5	0	5
Sausage, Egg & Cheese Biscuit	E,M,S,W	186	620	380	42	20	0	210	1380	39	2	3	20
Bacon, Egg & Cheese Biscuit	E,M,S,W	153	470	260	28	15	0	190	1130	38	2	3	15
Mile High Bacon, Egg & Cheese Biscuit	E,M,S,W	200	680	400	45	22	0	240	1980	42	2	5	29
Monster Biscuit®	E,M,S,W	255	800	520	58	29	0.5	400	1800	41	2	4	30
Biscuit 'N' Gravy™	M,S,W	228	450	220	24	12	0	10	1320	50	3	3	9
Made From Scratch Biscuit™	M,S,W	86	290	120	13	7	0	0	730	37	2	2	6
DESSERTS													
Chocolate Chip Cookie	E,M,S,W	71	370	170	19	10	0	30	350	48	2	27	3
Strawberry Swirl Cheesecake	E,M,S,W	99	290	140	16	9	0	55	230	32	0	21	6
Chocolate Cake	E,M,S,W	85	300	110	12	3	0	30	350	48	1	36	3
HAND-SCOOPED ICE CREAM SHAKES & MALTS™													
Vanilla Shake	M,+	397	700	320	35	24	1.5	105	240	86	0	65	12
Chocolate Shake	M,+	397	700	320	36	24	1.5	105	300	84	1	59	12
Strawberry Shake	M,+	397	700	320	35	24	1.5	105	250	83	0	64	12
OREO® Cookie Shake	M,S,W +	397	710	350	39	25	1.5	105	340	79	1	53	13
Vanilla Malt	M,W,+	414	770	320	36	25	1.5	105	290	100	0	76	13
Chocolate Malt	M,W,+	414	770	330	36	25	1.5	105	350	99	1	70	14
Strawberry Malt	M,W,+	414	770	320	36	25	1.5	105	290	98	0	75	13
OREO® Cookie Malt	M,S,W,+	414	780	360	40	26	1.5	105	390	94	1	64	15

For additional information visit www.carlsjr.com.

*All ingredients contain zero grams of artificial trans fat per serving.

**All food items are prepared in the same kitchen. Cross-contamination may occur. ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Treenuts, W=Wheat, +=Note: Ice cream and other products used in our shakes and malts may be processed in facilities where peanuts or tree nuts are present.

The information contained in this guide is based on standard U.S. product formulations and discloses the 8 principal allergens identified by the FDA, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. For complete ingredient information, refer to the "Ingredients" pdf on our website. 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 May 1, 2015. 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: (877)799-STAR (7827).

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



Nutrition Information

	Allergens	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHARBROILED BURGERS													
Famous Star® with Cheese	E,M,S,W	284	670	330	37	13	1	75	1210	57	3	13	28
Super Star® with Cheese	E,M,S,W	390	930	510	56	23	2	140	1540	59	3	14	48
Western Bacon Cheeseburger®	M,S,W	245	730	310	34	14	1	75	1500	74	4	16	33
Double Western Bacon Cheeseburger®	M,S,W	327	990	480	53	24	2	140	1820	75	4	16	52
Teriyaki Burger™	E,M,S,W	316	630	260	29	11	1	70	1070	65	3	20	28
The Big Carl®	E,M,S,W	321	920	520	58	23	2	140	1380	56	3	12	47
All-Natural Burger (Single)	E,M,S,W	325	760	400	44	13	1	90	990	62	3	19	31
All-Natural Burger (Double)	E,M,S,W	408	1030	570	64	22	2	165	1260	62	3	19	54
The 1/3 lb. Original Six Dollar Thickburger®	E,M,S,W	357	830	460	51	16	2	95	1510	62	3	19	29
The 1/2 lb. Original Six Dollar Thickburger®	E,M,S,W	428	1050	650	72	27	3	150	1770	62	3	20	40
The 1/3 lb. Guacamole Bacon Thickburger®	E,M,S,W	383	990	610	68	19	2	110	1670	57	4	13	32
The 1/2 lb. Guacamole Bacon Thickburger®	E,M,S,W	453	1210	800	89	31	3	160	1860	57	4	14	43
The 1/3 lb. Western Bacon Thickburger®	E,M,S,W	289	870	430	48	17	2	95	1840	74	3	17	33
The 1/2 lb. Western Bacon Thickburger®	E,M,S,W	361	1090	620	69	28	3	145	2100	74	3	17	45
The 1/3 lb. Mile High Bacon Thickburger®	E,M,S,W	365	1010	600	67	22	2	140	2030	56	3	13	42
The 1/2 lb. Mile High Bacon Thickburger®	E,M,S,W	437	1230	790	88	33	3	195	2290	56	3	14	53
The 1/3 lb. Low Carb Thickburger®	E,M,S	259	450	310	34	13	1.5	85	1060	9	1	5	22
The 1/2 lb. Low Carb Thickburger®	E,M,S	330	670	500	56	24	3	140	1310	9	1	5	33
The 1/3 lb. Jalapeño Thickburger®	E,M,S,W	353	880	530	59	17	2	100	1570	55	3	12	28
The 1/2 lb. Jalapeño Thickburger®	E,M,S,W	423	1100	720	80	28	3	150	1760	55	3	13	39
Big Hamburger	W	203	480	160	18	8	0.5	50	870	56	3	13	25
Kid's Hamburger	W	111	270	90	10	3.5	0.5	25	540	33	1	7	11
Kid's Cheeseburger	M,S,W	127	330	140	15	7	0.5	40	810	34	1	7	14
CHARBROILED TURKEY BURGERS													
Turkey Burger	E,W	268	490	200	22	4.5	0	80	960	45	3	10	29
Guacamole Turkey Burger	M,S,W	277	480	170	19	6	0	85	1000	44	3	9	32
Teriyaki Turkey Burger	M,S,W	320	480	130	14	5	0	85	1130	56	3	20	32
Jalapeño Turkey Burger	E,M,S,W	278	500	200	22	6	0	90	1150	43	3	9	31
CHICKEN & OTHER CHOICES													
Charbroiled Chicken Club™ Sandwich	E,F,M,S,W	264	580	260	28	8	0	90	1290	46	2	11	36
Charbroiled Santa Fe Chicken™ Sandwich	E,F,M,S,W	256	560	250	27	7	0	85	1320	46	3	10	33
Charbroiled BBQ Chicken™ Sandwich	F,S,W	239	390	70	7	1.5	0	60	990	50	3	13	30
Big Chicken Fillet Sandwich	E,M,S,W	300	680	310	35	6	0	75	1360	62	4	11	32
Bacon Swiss Crispy Chicken® Sandwich	E,M,S,W	329	780	380	42	11	0.5	95	1850	64	4	13	38
Beer-Battered Cod Fish Sandwich	E,F,W	284	550	170	19	3.5	0	45	1140	74	3	12	21
Kid's Hand-Breaded Chicken Tenders™ (2 pieces)	E,M,W	85	180	80	9	2	0	45	520	9	1	0	16
Hand-Breaded Chicken Tenders™ (3 pieces)	E,M,W	128	260	110	13	2.5	0	70	770	13	2	0	25
Hand-Breaded Chicken Tenders™ (5 pieces)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (10 piece box; 2, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (15 piece box; 3, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (20 piece box; 4, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Spicy Chicken Sandwich	E,M,S,W	177	490	260	29	6	0	40	1330	43	3	6	14
Chicken Stars™ (4 pieces)	E,M,S,W	61	170	90	10	2	0	20	360	12	1	0	8
Chicken Stars™ (6 pieces)	E,M,S,W	91	260	140	16	3.5	0	30	540	18	2	0	12
Chicken Stars™ (9 pieces)	E,M,S,W	137	390	210	23	5	0	45	810	26	3	0	18
SIDES													
Natural-Cut Fries (Kids)		83	240	100	12	2	0	0	480	31	3	0	3
Natural-Cut Fries (Small)		104	300	130	15	2.5	0	0	600	39	4	0	3
Natural-Cut Fries (Medium)		147	430	190	21	4	0	0	860	55	5	0	5
Natural-Cut Fries (Large)		158	460	200	22	4	0	0	920	59	6	0	5
CrissCut® Fries	W	139	450	260	29	5	0	0	900	42	4	0	5
Onion Rings	M,W	128	530	250	28	4.5	0	0	590	61	3	6	8
Fried Zucchini	M,W	139	330	160	18	3	0	0	610	36	2	7	6
SALADS-WITHOUT DRESSINGS													
Charbroiled Chicken Salad	F,M,S,W	441	320	100	11	3.5	0	75	770	27	3	10	31
Garden Side Salad	M,S,W	149	110	40	4.5	1.5	0	5	230	15	2	4	4
SALAD DRESSINGS & DIPPING SAUCES													
House Dressing	E,M	57	210	210	23	3.5	0	25	430	5	0	2	0
Blue Cheese Dressing	E,M	57	310	310	34	6	0	20	370	2	0	1	2
Low Fat Balsamic Vinaigrette Dressing		28	60	50	5	1	0	0	130	3	0	3	0
Sweet & Bold BBQ Dipping Sauce		25	50	0	0	0	0	0	190	12	0	11	0
Buttermilk Ranch Dipping Sauce	E,M	25	110	100	11	1.5	0	5	250	2	0	1	0
Honey Mustard Dipping Sauce	E	25	130	110	12	2	0	10	135	4	0	3	0
Spicy Buffalo Dipping Sauce		21	5	0	0	0	0	0	470	1	0	0	0
BREAKFAST													
The Breakfast Burger™	E,M,S,W	289	800	390	43	18	1	245	1380	68	4	13	37
Grilled Cheese Breakfast Sandwich (Ham)	E,M,S,W	202	490	230	25	13	0.5	220	1650	40	1	4	29
Grilled Cheese Breakfast Sandwich (Sausage)	E,M,S,W	179	640	380	43	19	0.5	235	1500	40	2	4	30
Grilled Cheese Breakfast Sandwich (Bacon)	E,M,S,W	209	510	270	30	15	0.5	215	1290	39	1	4	26
Steak & Egg Burrito	E,M,S,W	298	650	330	36	20	0	415	1730	44	2	3	35
Loaded Breakfast Burrito	E,M,S,W	302	780	430	48	22	0	395	1500	53	3	2	31
Big Country® Breakfast Burrito	E,M,S,W	297	720	390	44	18	1	370	1470	56	3	2	26
Bacon & Egg Burrito	E,M,S,W	203	570	310	34	18	0	375	1000	38	1	1	26
Hash Brown Nuggets (Small)	W	108	350	210	23	4	0	0	440	32	3	0	3
Hash Brown Nuggets (Medium)	W	119	390	230	26	4.5	0	0	490	36	4	0	3
Hash Brown Nuggets (Large)	W	173	560	330	37	7	0	0	710	52	5	0	5
Sausage, Egg & Cheese Biscuit	E,M,S,W	185	620	390	44	17	6	215	1430	38	3	3	19
Bacon, Egg & Cheese Biscuit	E,M,S,W	152	480	270	30	12	6	190	1180	38	3	3	15
Mile High Bacon, Egg & Cheese Biscuit	E,M,S,W	199	690	410	46	19	6	240	2030	41	3	5	28
Monster Biscuit®	E,M,S,W	253	810	540	60	25	6	400	1850	40	3	4	29
Biscuit 'N' Gravy™	M,S,W	227	460	230	26	7	8	10	1400	49	3	3	8
Made From Scratch Biscuit™	M,S,W	85	300	130	15	4	6	0	780	36	3	2	5
DESSERTS													
Chocolate Chip Cookie	E,M,S,W	71	370	170	19	10	0	30	350	48	2	27	3
Strawberry Swirl Cheesecake	E,M,S,W	99	290	140	16	9	0	55	230	32	0	21	6
Chocolate Cake	E,M,S,W	85	300	110	12	3	0	30	350	48	1	36	3
HAND-SCOOPED ICE CREAM SHAKES & MALTS™													
Vanilla Shake	M,+	397	700	320	35	24	1.5	105	240	86	0	65	12
Chocolate Shake	M,+	397	700	320	36	24	1.5	105	300	84	1	59	12
Strawberry Shake	M,+	397	700	320	35	24	1.5	105	250	83	0	64	12
OREO® Cookie Shake	M,S,W +	397	710	350	39	25	1.5	105	340	79	1	53	13
Vanilla Malt	M,W,+	414	770	320	36	25	1.5	105	290	100	0	76	13
Chocolate Malt	M,W,+	414	770	330	36	25	1.5	105	350	99	1	70	14
Strawberry Malt	M,W,+	414	770	320	36	25	1.5	105	290	98	0	75	13
OREO® Cookie Malt	M,S,W,+	414	780	360	40	26	1.5	105	390	94	1	64	15

For additional information visit www.carlsjr.com.

****All food items are prepared in the same kitchen. Cross-contamination may occur. ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Treenuts, W=Wheat, +=Note: Ice cream and other products used in our shakes and malts may be processed in facilities where peanuts or tree nuts are present.**
The information contained in this guide is based on standard U.S. product formulations and discloses the 8 principal allergens identified by the FDA, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. For complete ingredient information, refer to the "Ingredients" pdf on our website. 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 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 May 1, 2015. 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: (877)799-STAR (7827). 2,000 calories a day is used for general nutrition advice, but calorie needs vary.



CHARBROILED CHICKEN & STEAK

Nutrition Information

	Allergens	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	*Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TACOS													
Street Taco - Chicken	S,W	86	140	50	6	3.5	0	30	270	13	1	1	10
Street Taco - Steak	S	86	160	70	7	4	0	25	480	14	1	1	9
Hard Taco - Ground Beef	M,W	95	210	100	12	4.5	0	35	330	16	3	1	12
Southwest Chicken Soft Taco	E,M,S,W	116	300	170	19	6	0	50	680	17	1	1	15
BURRITOS													
Burrito California - Chicken	M,S,W	240	450	160	18	8	0	85	1360	41	2	2	31
Burrito California - Steak	M,S,W	240	480	190	21	10	0	80	1780	44	2	3	28
Burrito Mexicano - Chicken	M,S,W	288	500	150	16	8	0	85	1630	54	6	2	35
Burrito Mexicano - Steak	M,S,W	288	540	170	19	9	0	80	2050	56	6	3	32
Burrito Especial - Chicken	M,S,W	308	530	170	19	8	0	85	1710	55	7	3	35
Burrito Especial - Steak	M,S,W	308	560	200	22	10	0	80	2120	58	7	4	33
Beef, Bean & Cheese Burrito	M,W	210	470	170	18	9	0	50	1280	52	7	1	24
Bean & Cheese Burrito	M,W	195	440	130	15	8	0	30	1200	56	8	1	19
SPECIALTY & OTHER MENU ITEMS													
Super Nachos - Ground Beef	M,W	440	970	460	51	12	1	65	1770	95	15	5	33
Super Nachos - Chicken	M,S,W	426	900	390	43	9	0	70	1720	92	12	5	35
Super Nachos - Steak	M,S	426	930	420	46	11	0	70	2140	94	13	6	33
Taco Salad - Ground Beef	M,W	548	850	420	47	15	1	85	1760	70	14	8	38
Taco Salad - Chicken	M,S,W	534	770	360	39	12	0	90	1710	67	11	8	40
Taco Salad - Steak	M,S,W	534	810	380	43	14	0	85	2130	69	11	8	38
Quesadilla - Cheese	E,M,W	133	520	310	34	12	0	55	980	37	1	0	16
Quesadilla - Chicken	E,M,S,W	218	610	320	36	13	0	110	1450	39	1	1	34
Quesadilla - Steak	E,M,S,W	218	640	350	39	14	0	105	1860	41	2	1	31
Chicken Taquitos (3 piece)	M,S,W	159	400	180	20	6	0	50	730	37	5	2	18
Chicken Taquitos (5 piece)	M,S,W	242	620	270	30	8	0	70	1140	62	9	4	28
Side of Beans	M	178	250	60	6	3	0	15	910	34	11	1	14
Chips		57	300	150	17	3	0	0	35	35	3	0	4
Guacamole		40	60	45	5	1	0	0	150	3	1	1	1

*All ingredients contain zero grams of artificial trans fat per serving.

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