



* NUTRITION INFORMATION *

2,000 Calories is used for general nutrition advice, but calorie needs may vary.

	‡ 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)
BREAKFAST SANDWICHES & BISCUITS													
The Breakfast Burger	E,M,S,W	298	830	400	44	16	1	245	1590	67	4	13	42
Grilled Cheese Breakfast Sandwich- Ham	E,M,S,W	275	690	250	28	11	0.5	245	2060	77	3	6	40
Grilled Cheese Breakfast Sandwich- Sausage	E,M,S,W	283	840	400	45	17	0.5	260	1920	77	3	5	41
Grilled Cheese Breakfast Sandwich- Bacon	E,M,S,W	261	740	300	33	13	0.5	250	1910	77	3	5	42
Sausage Egg & Cheese Biscuit	E,M,S,W	197	710	450	50	20	0.5	265	1840	44	0	4	20
Beyond Sausage® Egg & Cheese Biscuit	E,M,S,W	199	660	380	42	19	0	240	1760	46	3	3	24
Bacon Egg & Cheese Biscuit	E,M,S,W	170	590	333	37	15	0	255	1740	44	0	4	20
Monster Biscuit®	E,M,S,W	238	850	549	61	25	0.5	365	2380	46	0	5	31
Biscuit 'N' Gravy™	M,W,G	235	500	243	27	13	2.5	10	1780	53	0	4	8
BREAKFAST BURRITOS													
Beyond Sausage® Burrito	E,M,S,W	287	680	320	36	13	0	465	1040	41	5	2	33
Steak and Egg Burrito	E,M,S,W	293	600	290	33	13	0	390	1570	37	2	3	35
Loaded Breakfast Burrito	E,M,S,W	301	760	430	48	16	0	370	1330	46	3	2	33
Big Country® Breakfast Burrito	E,M,S,W	259	660	360	40	12	0	345	1140	45	2	1	26
Bacon, Egg, and Cheese Burrito	E,M,S,W	211	580	310	35	12	0	365	1040	32	1	1	31
BREAKFAST SWEETS & SIDES													
French Toast Dips®	M, S, W	142	500	170	19	3.5	0	0	620	74	3	13	9
Hash Rounds® Small	W	78	250	150	17	3	0	0	320	23	2	0	2
Hash Rounds® Medium	W	113	360	220	24	4.5	0	0	460	34	3	0	3
Hash Rounds ® Large	W	157	510	300	34	6	0	0	640	47	5	0	4
CHARBROILED BURGERS													
Famous Star® with Cheese	M,S,W	259	670	330	37	13	1	75	1270	57	3	12	28
Beyond Famous Star® with Cheese	M, S, W	326	770	396	44	13	0	30	1600	61	2	12	33
Super Star® with Cheese	M,S,W	390	920	510	56	23	2	140	1540	59	4	13	48
Western Bacon Cheeseburger®	M,S,W	254	760	320	35	14	1	85	1700	74	4	16	38
Beyond® BBQ Cheeseburger- Double	M,S,W	409	1150	560	63	22	0.5	35	2480	87	9	17	60
Beyond® BBQ Cheeseburger- Single	M,S,W	280	790	330	37	12	0	15	1750	81	6	16	35
Spicy Western Bacon Cheeseburger®	M,S,W	310	920	450	50	17	2	135	2010	71	4	17	47
Spicy Beyond BBQ Cheeseburger	M,S,W	296	800	324	36	11	0	15	1890	84	2	17	34
Double Spicy Beyond BBQ Cheeseburger	M,S,W	415	1130	540	60	22	0	30	2510	90	4	18	56
Double Western Bacon Cheeseburger®	M,S,W	336	1020	490	54	23	2	150	2020	75	4	16	57
Spicy Double Western Bacon Cheeseburger®	M,S,W	456	1400	780	87	35	4	270	2960	75	5	20	80
Triple Western Bacon Cheeseburger®	M,S,W	438	1380	730	81	35	2.5	240	2750	80	4	17	85
Spicy Triple Western Bacon Cheeseburger®	M,S,W	438	1380	730	81	35	2.5	240	2750	80	4	17	85
The Big Carl®	E,M,S,W	321	920	520	58	23	2	140	1380	56	3	12	47
The 1/3lb. Original Thickburger®	E,M,S,W	310	820	460	51	16	2.5	125	1440	56	4	14	39
The 1/3lb. Guacamole Bacon Thickburger®	E,M,S,W	376	960	580	64	18	2	120	1820	50	3	11	38
The 1/3lb. Jalapeño Thickburger®	E,M,S,W	323	830	480	54	16	2	130	1450	53	4	4	35
2/3 lb. Monster Angus Thickburger®	E,M,S,W,G	382	1290	800	89	32	4	265	3120	53	2	10	76
Big Hamburger	W	203	480	160	18	8	0.5	50	870	56	3	13	25
Big Hamburger w/ Cheese	M,S,W	219	540	200	22	11	1	65	1150	56	3	13	28
California Classic Double Cheeseburger	E,M,S,W,G	231	560	350	39	12	1.5	80	990	38	2	8	21
Double Cheeseburger	M,S,W	161	380	190	21	8	1	60	780	35	1	6	19
Jalapeño Cheeseburger	E,M,S,W,G	307	730	410	45	14	1	80	1220	54	4	10	28
Jalapeño Double Cheeseburger	E,M,S,W,G	388	980	580	64	24	2	145	1480	56	4	11	47
CHICKEN													
3 Piece - Hand-Breaded Chicken Tenders™	E,M,W	128	260	110	13	2.5	0	70	770	13	2	0	25
5 Piece - Hand-Breaded Chicken Tenders™	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
6 Piece - Chicken Stars™	E,M,S,W	91	270	140	15	3	0	50	480	19	3	0	14
9 Piece- Chicken Stars™	E,M,S,W	137	410	210	23	5	0	75	710	29	5	0	21
The Big Chicken Fillet Sandwich	E,M,S,W	290	680	320	36	7	0	80	1430	56	2	8	33
The Bacon Swiss Crispy Chicken Fillet Sandwich	E,M,S,W	328	810	400	45	11	0.5	110	2120	58	3	10	44
Charbroiled Chicken Club™ Sandwich	E,M,S,W	272	600	240	27	7	0	150	1720	46	1	12	44
Charbroiled Santa Fe Chicken™ Sandwich	E,M,S,W	255	550	230	25	6	0	135	1540	45	1	10	36
Charbroiled BBQ Chicken™ Sandwich	S,W	238	370	50	5	1	0	110	1210	49	1	14	33
Charbroiled Chicken Salad	M,S,W	306	280	80	9	2	0	120	960	19	2	6	33
Spicy Chicken Sandwich	E,M,S,W	177	490	260	29	6	0	40	1320	43	4	4	14
Fiery Chicken Sandwich	M,S,W,G	201	550	300	33	9	0	55	1790	45	4	4	16
SIDES													
Crisscut® Fries	W	128	410	240	26	5	0	0	830	39	4	0	5
Fried Zucchini	M,W	122	330	180	20	3.5	0	0	720	34	7	2	4
Onion Rings	M,W	106	520	250	28	4.5	0	0	590	61	3	6	8
6 piece - Jalapeno Poppers®	E,M,S,W,G	154	470	260	29	8	0	35	1330	42	3	6	9
9 piece - Jalapeno Poppers®	E,M,S,W,G	216	650	340	38	12	0.5	45	1890	62	4	7	13
Natural-Cut French Fries- Kid's	-	83	240	100	12	2	0	0	480	31	3	0	3
Natural-Cut French Fries- Small	-	104	300	130	15	2.5	0	0	600	39	4	0	3
Natural-Cut French Fries- Medium	-	147	420	190	21	3.5	0	0	850	55	5	0	5
Natural-Cut French Fries- Large	-	158	460	200	22	4	0	0	920	59	6	0	5
Side Salad	M,S,W	193	140	60	7	2.5	0	10	240	15	2	2	6
DESSERTS													
Hand-Scooped Ice-Cream Shakes™ - Vanilla Shake	M,+	397	700	320	35	24	1.5	105	240	86	0	65	12
Hand-Scooped Ice-Cream Shakes™ - Chocolate Shake	M,+	397	690	320	36	24	1.5	105	300	84	1	59	12
Hand-Scooped Ice-Cream Shakes™ - Strawberry Shake	M,+	397	690	320	35	24	1.5	105	250	83	0	64	12
Hand-Scooped Ice-Cream Shakes™ - OREO® Cookie Shake	M,S,W,+	397	710	350	39	25	1.5	105	340	79	1	53	13
Chocolate Cake	E,M,S,W	85	290	100	11	3.5	0	30	240	46	1	35	3
Strawberry Swirl Cheesecake	E,M,S,W	99	320	160	17	10	0.5	60	250	35	1	23	7
Chocolate Chip Cookie	E,M,S,W	42	200	90	10	5	0	10	180	26	1	15	2
StarPals® KIDS MEALS													
Hamburger Kid's Meal ***	W	124	200	80	9	3	0	25	730	22	1	7	9
Cheeseburger Kid's Meal ***	M,S,W,G	130	220	100	11	4	0	30	840	22	1	7	10
2-piece Chicken Tender™ Kid's Meal ***	E,M,W,G	85	180	80	9	2	0	45	520	9	1	0	16
Chicken Stars™ Kid's Meal ***	E,M,W,G	61	180	90	10	2	0	35	320	13	2	0	9

***does not include drink

ALL STAR MEALS

Fiery Chicken Sandwich All Star Meal	E,M,S,W,G	347	1040	522	58	16	0.5	65	2570	109	4	19	22
3-Piece Hand Breaded Chicken Tenders™ All Star Meal	E,M,W,G	253	700	310	35	10	0	80	1440	70	5	15	29
Double Cheeseburger & Spicy Chicken Sandwich All Star Meal	E,M,S,W,G	447	1280	640	71	17	1.5	100	2710	131	7	26	36
Triple Cheeseburger & Spicy Chicken Sandwich All Star Meal	E,M,S,W,G	495	1430	740	83	26	2	140	3050	136	8	26	45

GREEN BURRITO*

The Green Burrito- Chicken	M,S,W,G	613	930	350	38	17	0	145	2520	96	7	10	49
The Green Burrito- Steak	M,S,W,G	620	940	340	38	17	0	120	2770	96	7	10	53
The Grilled Burrito- Chicken	M,S,W,G	478	830	280	31	14	0	130	1780	88	6	6	46
The Grilled Burrito- Steak	M,S,W,G	485	840	280	31	14	0	105	2030	88	6	6	46
The Grilled Burrito- Beef	M,S,W,G	487	840	310	35	15	0	100	1720	90	9	7	42
BRC Burrito	M,S,W,G	425	730	230	26	12	0	50	1190	93	6	8	27
Bean and Cheese Burrito	M,S,W,G	377	660	230	25	12	0	50	1040	76	8	3	30
Crunchy Beef Taco	M,S,W,G	95	210	100	12	4.5	0	35	380	16	3	1	11
Crunchy Chicken Taco	M,S,W,G	94	210	90	10	4	0	50	430	15	2	1	13
Crunchy Steak Taco	M,S,W,G	98	210	90	10	4	0	35	550	15	2	1	15
Chicken Soft Taco	M,S,W,G	133	250	110	12	6	0	60	740	18	1	1	16
Beef Soft Taco	M,S,W,G	134	260	120	14	7	0	40	690	19	2	1	14
Steak Soft Taco	M,S,W,G	137	260	110	12	6	0	45	870	18	1	1	18
Chicken Taquitos 3 piece	M,S,W,G	195	460	190	21	5	0	35	1800	53	0	2	16
Chicken Taquitos 5 piece	M,S,W,G	131	300	130	15	4.5	0	25	1120	33	0	1	11
Taco Salad	M,W,G	470	730	420	47	15	0	40	1230	57	8	5	20
Taco Salad- Beef	M,S,W,G	569	890	500	56	18	1	90	1890	62	11	9	35
Taco Salad- Chicken	M,S,W,G	560	870	470	53	17	0	120	1950	60	9	5	40
Taco Salad- Steak	M,S,W,G	567	880	470	52	17	0	95	2200	60	9	9	44
4-Cheese Quesadilla	M,S,W,G	226	640	610	64	17	0	75	590	53	2	2	26
Chicken Quesadilla	M,S,W,G	317	780	360	40	19	0	155	1310	56	2	2	46
Steak Quesadilla	M,S,W,G	324	790	360	39	19	0	130	1560	56	2	2	50
Super Nachos	M,S,W,G	282	670	370	41	16	0	65	640	51	7	3	23
Super Nachos- Beef	M,S,W,G	324	740	400	45	18	0	85	1260	53	8	3	29
Super Nachos- Chicken	M,S,W,G	323	730	390	44	17	0	100	1310	52	7	3	32
Super Nachos- Steak	M,S,W,G	327	740	390	43	17	0	90	1440	53	7	3	34
Chips	M,S,W,G	57	300	150	17	3	0	0	35	35	3	0	4
Guacamole	-	77	100	70	8	1	0	0	270	5	2	3	1
Coke de Mexico	-	370	150	0	0	0	0	0	85	39	0	39	0

†Nutrient amounts may vary by flavor. Items may vary by restaurant.

‡ All food items are prepared in the same kitchen. Cross-contact may occur. ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Treenuts, W=Wheat, G=Gluten, +=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 Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.

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 20, 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://contactus.ckefeedback.com/USA>