

Carls Jr. Canada Nutritionals	Allergens	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	*Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Charbroiled Burgers</b>												
FAMOUS STAR	W,G,E	262	590	32	11	0.5	55	750	50	3	7	26
FAMOUS STAR W/ CHEESE	M,S,W,G	282	660	36	13	1	70	1200	55	3	10	29
WESTERN BACON CHEESEBURGER	M,W,G,S	256	780	35	13	1	90	1720	80	3	18	37
WESTERN BACON DOUBLE CHEESEBURGER	M,W,G,S	343	1040	54	22	1.5	155	2160	83	3	19	57
BIG BURGER	W,G	199	460	18	8	0.5	50	780	51	2	9	26
BIG BURGER W/ CHEESE	M,W,G	220	520	22	10	1	65	1170	54	2	10	29
HAWAIIAN BURGER (TERIYAKI) SINGLE	M,W,G,S	365	780	39	18	1	110	1850	68	4	19	39
KID'S HAMBURGER	M,W,G	107	250	9	3	0.4	25	560	34	1	6	11
KID'S CHEESEBURGER	M,W,G	122	300	13	5	0.5	35	820	35	1	6	14
SUPERSTAR	W,G	358	810	46	17	1.5	110	980	57	4	12	42
SUPERSTAR W/ CHEESE	M,W,G,S	399	940	54	22	1.5	135	1820	65	3	16	49
EL DIABLO SINGLE BURGER	M,S,W,G,E	312	910	50	18	1	90	2090	79	4	12	36
BIG CARL	M,W,G,S,E	330	920	55	22	1.5	135	1600	59	2	12	48
CALIFORNIA CLASSIC DOUBLE CHEESEBURGER	M,W,G,S	352	790	53	16	1	80	1320	55	2	12	2
DOUBLE CHEESEBURGER	M,W,G,S	171	390	21	8	1	60	860	37	2	9	19
DOUBLE JALAPENO BURGER	M,S,W,G,E	388	980	64	24	2	145	1480	56	4	11	47
EL DIABLO DOUBLE BURGER	M,S,W,G,E	393	1160	69	28	2	150	2350	80	4	12	55
ORIGINAL THICKBURGER (1/3 LBS)	M,W,G,S,E	370	850	51	18	2	100	2030	58	2	16	34
WESTERN BACON THICKBURGER (1/3 LBS)	M,S,W,G	364	1140	62	21	2	150	2660	90	4	19	57
PORTOBELLO MUSHROOM THICKBURGER (1/3 LBS)	M,W,G,S	446	1010	61	29	2.5	205	3250	59	5	7	57
GUACAMOLE THICKBURGER (1/3 LBS)	M,S,W,G,E	395	830	48	17	2	115	2490	55	4	12	39
EL DIABLO THICKBURGER (1/3 LBS)	M,S,W,G,E	356	1050	63	21	2	105	2440	79	4	13	37
SUPERBACON THICKBURGER (1/3 LBS)	M,S,W,G,E	377	990	64	20	2	170	2220	59	3	12	48
LOW CARB THICKBURGER (1/3 LBS)	M	287	500	36	15	1.5	95	1610	13	1	5	26
<b>Chicken &amp; Other Choices</b>												
CHICKEN CLUB	M,W,G,S	292	700	36	14	0.5	150	1940	50	2	10	44
BBQ CKN SANDWICH	M,W,G,S	211	330	4.5	1	0	65	770	49	1	14	25
HAWAIIAN CHICKEN	M,W,G,S	332	520	15	4.5	0	125	1540	60	1	22	36
LETTUCE WRAP CHICKEN CLUB	M,W,G,S	227	390	24	7	0	145	1350	8	1	5	36
BACON SWISS CKN TENDER SANDWICH	M,W,G,S,E	298	640	31	13	0.5	130	2440	49	4	7	42
SANTA FE CHICKEN SANDWICH	M,W,G,SS	233	380	9	3.5	0.2	75	1490	48	2	10	29
HONEY MUSTARD CKN TENDER SANDWICH	M,W,G	213	370	11	2.5	0.1	45	990	47	3	8	22
3 PIECE CKN TENDERS	M,W,G,E	128	260	13	2.5	0.1	70	770	13	2	0	25
5 PIECE CKN TENDERS	M,W,G,E	213	440	21	4.5	0.1	115	1290	21	3	0	41
<b>Sides</b>												
SM FRIES		104	300	15	2.5	0	0	600	39	4	0	3
MED FRIES		147	430	21	4	0.2	0	860	55	5	0	5
LG FRIES		161	460	23	4	0.2	0	930	60	6	0	5
ONION RINGS	W,G	118	570	30	5	0.5	0	640	66	4	6	9
JALAPENO POPPERS	M,W,G	130	320	17	8	1	20	820	33	7	5	9
CRISSCUTS	M,W,G	139	450	29	5	0.4	0	0	42	4	0	5
POUTINE FRIES	M,W,G,S	335	790	44	15	1	60	2150	79	7	1	21
BACON POUTINE FRIES	M,W,G,S	369	950	56	20	1.5	80	2950	80	7	1	32
POUTINE CRISSCUTS	M,W,G,S	335	850	56	18	1.5	60	2280	65	5	0	22
BACON POUTINE CRISSCUTS	M,W,G,S	369	1010	68	22	1.5	75	3080	66	5	1	33
BACON RANCH FRIES	M,E	252	790	39	10	0	25	3640	86	7	11	21
<b>Salads-Without Dressings</b>												
CHARBROILED CKN SALAD	M,W,G,S	439	270	8	3.5	0.1	75	610	25	6	9	26
CKN TENDER SALAD	M,W,G,S	451	350	15	5	0.2	60	870	31	6	7	24
GARDEN SALAD	M,W,G,S	179	170	6	2	0.1	5	500	25	3	4	6
<b>Salad Dressings &amp; Dipping Sauces</b>												
RANCH	M,E	43	130	1.5	1	0	10	2620	21	1	16	6
FRANKS HOT SAUCE	M,S	37	10	0.5	0	0	0	920	1	1	1	0
HONEY MUSTARD		43	170	3	0	0	0	740	34	1	18	2
BBQ		43	90	0	0	0	0	320	20	0	19	0
CLASSIC	G,SS	43	190	18	3.5	0	10	270	5	0	4	0
BALSAMIC		41	170	17	2.5	0	0	410	5	0	4	0
<b>Desserts</b>												
BROWNIE	W,G,S,E	48	190	8	1.5	0.1	10	115	29	1	19	2
CHOCOLATE CHIP COOKIE	M,W,G,S,E	57	240	11	5	0.1	15	180	34	1	20	3
2 CHOCOLATE CHIP COOKIES	M,W,G,S,E	114	480	22	10	0.2	30	360	68	2	40	6
ICE CREAM COOKIE SANDWICH	M,W,G,S,E	171	580	27	13	0.4	45	390	83	3	49	7
BROWNIE ALA MODE	M,W,G,S,E	142	380	14	4.5	0.3	25	210	64	3	43	4
<b>HAND-SCOOPED ICE CREAM SHAKES</b>												
OREO SHAKE	M,W,G	397	630	31	18	1	95	300	84	4	53	9
VANILLA SHAKE	M	397	650	27	16	1	91	200	91	3	65	8
CHOCOLATE SHAKE	M	397	610	28	17	1	90	260	89	4	59	8
STRAWBERRY SHAKE	M	397	610	27	16	1	90	20	88	3	64	8