



	Average Serving Size		Energy		Calories		Protein		Total Fat		Saturated Fat		Carbohydrate		Sugar		Dietary Fibre		Sodium	
	Portion	(g)	kJ/serve	kJ/100g	Cal/serve	Cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	mg/serve	mg/100g
Big Angus Range																				
Single Jim Beam Bourbon Big Angus Burger	1 Burger	378.0	4388.0	1160.8	1048.8	277.4	51.0	13.5	58.5	15.5	24.3	6.4	77.3	20.4	29.8	7.9	5.6	1.5	1220.0	322.8
Single Jim Beam Bourbon Big Angus Burger (Low Carb)	1 Burger	261.3	2470.0	945.3	590.3	225.9	26.1	10.0	36.5	14.0	14.1	5.4	38.1	14.6	24.4	9.3	3.5	1.3	849.0	324.9
Double Jim Beam Bourbon Big Angus Burger	1 Burger	390.0	4560.0	1169.2	1090.0	279.5	53.4	13.7	61.9	15.9	26.7	6.8	77.7	19.9	30.0	7.7	5.6	1.4	1400.0	359.0
Double Jim Beam Bourbon Big Angus Burger (Low Carb)	1 Burger	346.8	3690.0	1064.0	881.0	254.3	46.2	13.3	59.8	17.2	26.2	7.5	38.6	11.1	24.6	7.1	4.2	1.2	1080.0	312.0
Single Portobello Mushroom Big Angus Burger	1 Burger	284.2	2639.8	928.8	630.9	222.0	29.2	10.3	36.8	12.9	14.1	5.0	43.4	15.3	8.4	2.9	5.5	1.9	814.3	286.5
Single Portobello Mushroom Big Angus Burger (Low Carb)	1 Burger	241.0	1762.6	731.4	421.3	174.8	22.0	9.1	34.7	14.4	13.5	5.6	4.3	1.8	3.0	1.2	4.1	1.7	495.8	205.7
Double Portobello Mushroom Big Angus Burger	1 Burger	369.7	3857.2	1043.3	921.9	249.4	49.3	13.3	60.1	16.3	26.2	7.1	43.9	11.9	8.6	2.3	6.2	1.7	1045.8	282.9
Double Portobello Mushroom Big Angus Burger (Low Carb)	1 Burger	326.5	2980.1	912.7	712.3	218.1	42.1	12.9	58.0	17.8	25.6	7.9	4.7	1.4	3.2	1.0	4.8	1.5	727.4	222.8
Single Memphis BBQ Big Angus Burger	1 Burger	278.1	3070.0	1100.0	733.7	262.9	38.1	13.7	34.3	12.3	14.2	5.1	66.2	23.8	24.4	8.8	3.7	1.3	1380.0	496.2
Single Memphis BBQ Big Angus Burger (Low Carb)	1 Burger	266.0	2210.0	831.0	527.1	198.2	31.3	11.8	32.3	12.1	13.7	5.2	27.6	10.4	19.4	7.3	2.8	1.0	1060.0	399.0
Double Memphis BBQ Big Angus Burger	1 Burger	364.6	4290.0	1180.0	1025.3	282.0	58.4	16.0	57.8	15.9	26.4	7.3	66.7	18.3	24.8	6.8	4.4	1.2	1650.0	451.0
Double Memphis BBQ Big Angus Burger (Low Carb)	1 Burger	352.5	3440.0	976.0	820.7	232.8	51.5	14.6	55.8	15.8	25.9	7.4	28.2	8.0	19.7	5.6	3.5	1.0	1330.0	377.0
Single Western Bacon Big Angus Burger	1 Burger	238.3	2885.4	1210.8	689.6	289.4	32.9	13.8	35.0	14.7	14.4	6.0	58.6	24.6	13.6	5.7	4.5	1.9	1072.8	450.2
Single Western Bacon Big Angus Burger (Low Carb)	1 Burger	226.2	2031.5	898.1	485.5	214.7	26.0	11.5	32.9	14.6	13.9	6.1	20.1	8.9	8.5	3.8	3.7	1.6	754.9	333.7
Double Western Bacon Big Angus Burger	1 Burger	324.8	4113.8	1266.6	983.2	302.7	53.2	16.4	58.4	18.0	26.6	8.2	59.2	18.2	13.9	4.3	5.2	1.6	1340.1	412.6
Double Western Bacon Big Angus Burger (Low Carb)	1 Burger	312.7	3260.0	1042.5	779.2	249.2	46.3	14.8	56.4	18.0	26.1	8.3	20.6	6.6	8.9	2.8	4.4	1.4	1022.3	326.9
Chargrilled Beef Range																				
California Classic Double Cheeseburger	1 Burger	253.9	2569.5	1012.0	614.1	241.9	30.5	12.0	34.6	13.6	14.8	5.8	43.1	17.0	13.5	5.3	4.5	1.8	919.9	362.3
California Classic Double Cheeseburger (Low Carb)	1 Burger	217.1	1548.1	713.1	370.0	170.4	21.6	9.9	27.8	12.8	11.8	5.4	7.5	3.4	6.5	3.0	3.3	1.5	458.1	211.0
Famous Star Burger	1 Burger	288.7	2924.2	1012.9	698.9	242.1	30.3	10.5	37.1	12.9	13.2	4.6	58.9	20.4	18.2	6.3	4.3	1.5	865.6	299.8
Famous Star Burger (Low Carb)	1 Burger	237.3	1762.6	742.8	421.3	177.5	21.7	9.1	32.0	13.5	12.4	5.2	11.2	4.7	9.1	3.8	2.7	1.2	535.7	225.7
Super Star Burger	1 Burger	381.1	4030.0	1057.5	963.2	252.7	50.5	13.3	57.0	15.0	23.8	6.2	59.8	15.7	18.9	5.0	5.5	1.4	1128.0	296.0
Super Star Burger (Low Carb)	1 Burger	329.7	2868.3	870.0	685.5	207.9	41.9	12.7	51.9	15.7	23.0	7.0	12.1	3.7	9.7	3.0	3.9	1.2	798.1	242.1
Big Carl Burger	1 Burger	308.2	3738.1	1212.9	893.4	289.9	49.9	16.2	52.5	17.0	23.1	7.5	53.5	17.4	13.4	4.4	4.8	1.6	1043.9	338.7
Big Carl Burger (Low Carb)	1 Burger	256.8	2576.5	1003.3	615.8	239.8	41.3	16.1	47.3	18.4	22.3	8.7	5.8	2.3	4.3	1.7	3.2	1.2	714.0	278.0
Western Bacon Cheeseburger	1 Burger	229.1	2879.7	1257.0	688.3	300.4	33.7	14.7	32.2	14.1	12.8	5.6	63.4	27.7	16.7	7.3	4.5	2.0	1020.9	445.6
Western Bacon Cheeseburger (Low Carb)	1 Burger	208.8	1741.4	834.0	416.2	199.3	25.5	12.2	27.2	13.0	12.0	5.8	16.2	7.8	7.9	3.8	3.4	1.6	691.6	331.2
Classic Carl Burger	1 Burger	227.8	2642.4	1160.0	631.6	277.2	29.8	13.1	32.6	14.3	12.5	5.5	53.0	23.3	13.1	5.7	3.8	1.7	781.6	343.1
Classic Carl Burger (Low Carb)	1 Burger	176.4	1480.8	839.5	353.9	200.6	21.2	12.0	27.4	15.5	11.7	6.6	5.2	3.0	3.9	2.2	2.2	1.2	451.7	256.1
Tasty Chicken Range																				
Alabama Chicken Burger	1 Burger	296.6	3129.3	1055.1	747.9	252.2	32.2	10.9	36.1	12.2	7.4	2.5	70.4	23.7	12.2	4.1	6.1	2.1	1943.8	655.4
Alabama Chicken Burger (Low Carb)	1 Burger	245.2	1967.7	802.5	470.3	191.8	23.6	9.6	30.9	12.6	6.6	2.7	22.7	9.2	3.1	1.3	4.5	1.9	1614.0	658.2
Buffalo Ranch Chicken Burger	1 Burger	293.6	2610.0	889.1	623.8	212.5	28.4	9.7	25.8	8.8	5.2	1.8	66.3	22.6	13.8	4.7	5.7	1.9	1920.0	654.0
Buffalo Ranch Chicken Burger (Low Carb)	1 Burger	242.2	1406.7	603.0	336.2	144.1	20.7	8.5	20.7	8.5	4.4	1.8	19.1	7.9	4.7	1.9	4.1	1.7	1590.0	657.0
Bacon Swiss Big Chicken Burger	1 Burger	274.3	2860.0	1040.0	683.6	248.6	30.6	11.2	33.5	12.2	6.5	2.4	62.1	22.6	11.4	4.2	5.5	2.0	1760.0	642.0
Bacon Swiss Big Chicken Burger (Low Carb)	1 Burger	222.9	1720.0	771.0	388.6	174.4	22.2	9.9	28.4	12.7	5.7	2.6	15.1	6.9	2.4	1.1	3.9	1.8	1430.0	642.0
Ranch Big Chicken Burger	1 Burger	252.7	2540.0	1000.0	607.1	239.0	25.1	9.9	27.7	10.9	3.3	1.3	61.5	24.3	11.1	4.4	5.5	2.2	1410.0	557.0
Ranch Big Chicken Burger (Low Carb)	1 Burger	201.3	1400.0	694.0	334.6	165.8	16.6	8.2	22.5	11.2	2.5	1.3	14.9	7.4	2.2	1.1	3.9	1.9	1080.0	536.0
Veggie & Fish Range																				
Carl's Catch Burger	1 Burger	244.8	2380.0	973.0	569.0	232.0	20.8	8.5	20.4	8.3	2.9	1.2g	72.6	29.6	13.7	5.6	0.8	2.0	1100.0	450.0
Carl's Catch Burger (Low Carb)	1 Burger	193.4	1220.0	631.0	291.0	151.0	12.2	6.3	15.3	7.9	2.1	1.1	24.8	12.8	4.6	2.4	0.9	1.8	773.0	400.0
Cluckless 'Chicken' Burger	1 Burger	322.1	3280.0	1018.3	783.9	243.4	17.3	5.4	30.0	9.3	7.5	2.3	82.7	25.7	23.5	7.3	14.0	4.4	1560.0	484.3
Cluckless 'Chicken' Burger (Low Carb)	1 Burger	270.7	2120.0	783.2	506.7	187.2	8.7	3.2	24.9	9.2	6.7	2.5	35.0	12.9	14.4	5.3	12.4	4.6	1230.0	454.4
Veggie Burger	1 Burger	339.3	2680.0	789.0	639.0	188.0	17.8	5.2	22.9	6.7	5.4	1.6	86.5	25.5	21.0	6.2	6.8	2.0	1210.0	358.0
Value Range																				

Single Cheeseburger	1 Burger	152.9	1619.8	1059.7	387.1	253.3	18.5	12.1	15.4	10.1	7.1	4.6	42.2	27.6	12.6	8.3	2.5	1.6	671.2	439.1
Single Cheeseburger (Low Carb)	1 Burger	157.8	806.3	511.1	192.7	122.2	12.7	8.0	11.9	7.6	6.5	4.1	7.8	4.9	6.4	4.0	2.0	1.3	426.6	270.4
Double Cheeseburger	1 Burger	215.8	2338.7	1084.0	559.0	259.1	30.4	14.1	27.3	12.7	13.6	6.3	46.1	21.4	15.6	7.3	3.1	1.4	1127.4	522.5
Double Cheeseburger (Low Carb)	1 Burger	199.7	1302.6	652.4	311.3	155.9	21.7	10.9	19.9	10.0	10.5	5.3	10.4	5.2	8.7	4.4	2.6	1.3	563.1	282.0
Hamburger	1 Burger	139.9	1431.7	1023.6	342.2	244.7	15.9	11.3	11.8	8.4	4.6	3.3	41.6	29.7	12.3	8.8	2.5	1.8	455.4	325.6
Hamburger (Low Carb)	1 Burger	144.8	618.2	427.1	147.8	102.1	10.1	7.0	8.3	5.7	4.0	2.8	7.2	5.0	6.0	4.2	2.0	1.4	210.8	145.6
Snack/Value Chicken Burger	1 Burger	185.5	2060.0	1110.5	492.4	265.4	15.5	8.4	25.0	13.5	3.8	2.1	49.6	26.7	7.9	4.3	3.5	1.9	899.0	484.6
Snack/Value Chicken Burger (Low Carb)	1 Burger	159.3	1223.3	767.9	292.4	183.5	9.4	5.9	21.4	13.5	3.2	2.0	14.7	9.2	1.3	0.8	2.5	1.6	653.9	410.5
Shakes																				
Chocolate Milkshake	1 Shake	413.2	2628.7	636.2	628.3	152.1	9.5	2.3	30.3	7.3	21.2	5.1	78.9	19.1	62.3	15.1	0.7	0.2	213.8	51.7
Strawberry Milkshake	1 Shake	418.1	2684.1	641.9	641.5	153.4	9.0	2.2	30.3	7.3	21.2	5.1	82.8	19.8	68.9	16.5	0.0	0.0	155.0	37.1
Vanilla Milkshake	1 Shake	418.9	2691.8	642.6	643.3	153.6	9.0	2.2	30.4	7.2	21.2	5.1	83.2	19.9	69.3	16.6	0.0	0.0	155.1	37.0
Salted Caramel Milkshake	1 Shake	417.9	2490.5	596.0	595.3	142.4	9.0	2.2	30.0	7.2	21.0	5.0	72.1	17.3	57.2	13.7	0.0	0.0	300.9	72.0
Cookies & Cream/Oreo Milkshake	1 Shake	421.0	2775.6	659.3	663.4	157.6	10.0	2.4	31.5	7.5	21.7	5.1	84.4	20.1	64.5	15.3	0.7	0.2	262.6	62.4
Sundae's																				
Strawberry Sundae	1 Sundae	144.6	1228.2	849.4	293.5	203.0	2.0	1.4	12.4	8.5	8.7	6.0	43.3	30.0	36.0	24.9	0.0	0.0	44.8	31.0
Cookies & Cream/Oreo Sundae	1 Sundae	152.2	1479.0	971.8	353.5	232.3	3.4	2.3	14.1	9.2	9.5	6.3	52.9	34.8	39.2	25.7	0.0	0.0	116.1	76.3
Chocolate Sundae	1 Sundae	149.7	1451.4	969.6	346.9	231.7	3.3	2.2	14.6	9.7	10.1	6.8	50.4	33.6	40.0	26.7	0.0	0.0	71.6	47.8
Salted Caramel Sundae	1 Sundae	144.4	1111.4	769.7	265.6	184.0	2.1	1.5	13.3	9.2	9.3	6.4	34.3	23.7	27.8	19.3	0.0	0.0	109.5	75.9
Sides																				
Fries - Small	1 serve	95.1	898.1	944.3	214.6	225.7	3.4	3.6	9.7	10.1	0.8	0.9	25.8	27.1	0.1	0.1	5.4	5.7	256.3	269.5
Fries - Medium	1 serve	104.1	983.0	944.3	235.0	225.7	3.8	3.6	10.6	10.1	0.9	0.9	28.3	27.1	0.1	0.1	5.9	5.7	280.5	269.5
Fries - Large	1 serve	167.5	1581.7	944.3	378.0	225.7	6.1	3.6	17.0	10.1	1.5	0.9	45.5	27.1	0.2	0.1	9.5	5.7	451.4	269.5
Chilli Cheese Fries	1 serve	312.9	2759.2	881.8	659.5	210.8	20.1	6.4	33.9	10.8	9.3	3.0	60.8	19.4	1.6	0.5	16.1	5.1	1322.3	422.6
Onion Rings	1 serve	84.5	1176.6	1392.4	281.2	332.8	3.2	3.8	16.2	19.2	1.7	2.0	28.6	33.9	4.8	5.7	4.4	5.2	435.6	515.5
2 Piece Chicken Tenders	2 Pieces	64.4	662.4	1028.6	158.3	245.8	16.8	26.0	7.4	11.5	0.8	1.3	5.7	8.8	0.0	0.0	0.7	1.1	402.2	624.5
3 Piece Chicken Tenders	3 Pieces	96.6	993.6	1028.6	237.5	245.8	25.2	26.0	11.2	11.6	1.2	1.3	8.5	8.8	0.0	0.0	1.1	1.1	603.3	624.5
5 Piece Chicken Tenders	5 Pieces	161.0	1656.0	1028.6	395.8	245.8	41.9	26.0	18.6	11.6	2.1	1.3	14.2	8.8	0.0	0.0	1.8	1.1	1005.4	624.5
Crisscut Fries	1 serve	95.7	1198.0	1251.8	286.3	299.2	3.5	3.7	16.5	17.2	1.5	1.5	29.1	30.4	0.1	0.1	4.3	4.4	551.2	576.0
Chilli Cheese Crisscut Fries	1 serve	302.4	3358.9	1110.7	802.8	265.5	19.7	6.5	50.7	16.8	10.9	3.6	61.0	20.2	1.6	0.5	13.6	4.5	1622.3	536.5
Bacon Ranch Crisscut Fries	1 serve	259.1	3354.4	1294.8	801.7	309.5	13.1	5.0	51.8	20.0	5.9	2.3	67.2	25.9	3.3	1.3	9.3	3.6	2177.5	840.5

Nutrition Information above is based on average figures and standard product assembly. Data used is from independent testing facilities and theoretical information from Approved Suppliers. Actual serving sizes and nutrient values may vary due to regional and seasonal differences in ingredients, differences in product assembly and other factors. Product data is based on current formulation, Nutrition Information shown above does not apply to special or custom orders. If you have a particular sensitivity to any specific food or ingredients, or if you have any food allergies, intolerances, specific religious, ethnic or other dietary requirements, we strongly recommend that you contact our Customer Care team via the 'Contact Us' tab on our website <https://www.carlsjr.co.nz/>