

Carl's Jr. Nutrition Facts – Complete Menu

Source: Official Carl's Jr. Nutritional Information (2025) | All values per serving

1. Breakfast

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
The Breakfast Burger	279	780	40	15	1	280	1350	67	4	13	40
Grilled Cheese Breakfast Sandwich (Sausage)	211	640	41	16	0.5	260	1530	43	2	5	27
Grilled Cheese Breakfast Sandwich (Bacon)	186	530	29	12	0.5	255	1290	43	2	5	26
Steak & Egg Burrito	272	530	26	10	0	450	1570	41	2	3	33
Loaded Breakfast Burrito	308	830	53	19	0	465	1610	49	3	3	39
Big Country Breakfast Burrito	326	860	55	18	1.5	460	1740	54	3	2	37
Bacon, Egg & Cheese Burrito	177	470	24	8	0	435	760	36	2	1	26
French Toast Dips (5 pc)	186	620	19	3.5	0	0	670	106	3	30	9
Sausage, Egg & Cheese Biscuit	184	640	42	19	0	235	1830	44	1	4	19
Bacon, Egg & Cheese Biscuit	155	510	29	15	0	225	1560	43	1	4	17
Monster Biscuit	249	820	56	25	0.5	475	2250	47	2	5	32
Biscuit 'N' Gravy	235	500	27	13	2.5	10	1780	53	1	4	8
Hash Rounds – Small	78	240	15	3	0	0	300	22	2	1	2
Hash Rounds – Medium	102	320	19	4	0	0	400	28	3	1	3
Hash Rounds – Large	144	450	27	5	1	0	560	40	4	1	4

2. Charbroiled Burgers

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Famous Star with Cheese – Single	285	680	38	13	1	80	1270	57	4	12	28
Famous Star with Cheese – Double	387	940	57	23	2	145	1600	60	4	14	48
Famous Star with Cheese – Triple	470	1190	77	33	3	210	1930	59	4	13	67
Western Bacon Cheeseburger – Single	248	770	36	14	1	80	1490	77	4	16	35
Western Bacon Cheeseburger – Double	331	1020	55	24	2	145	1820	78	4	16	55
Western Bacon Cheeseburger – Triple	413	1280	75	34	2.5	210	2150	79	4	17	74
Guacamole Bacon Burger – Single	327	850	56	17	1	95	1460	55	4	11	34
Guacamole Bacon Burger – Double	428	1100	74	26	2	160	1760	56	4	12	54
Guacamole Bacon Burger – Triple	509	1350	93	36	3	220	2070	57	4	12	73
The Big Carl – Single	237	670	38	13	1	75	1050	55	3	12	28

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
The Big Carl – Double	320	920	58	23	2	140	1380	56	3	12	47
The Big Carl – Triple	402	1180	77	33	3	210	1710	57	3	12	66
El Diablo – Single	315	940	40	19	1	95	2070	78	4	12	39
El Diablo – Double	396	1180	59	29	2	160	2380	78	4	12	58
El Diablo – Triple	477	1430	78	38	3	225	2680	79	4	13	77
California Classic Double Cheeseburger	221	520	36	10	1	65	880	37	2	8	19
Jalapeno Double Cheeseburger	212	510	36	10	1	70	980	32	2	5	19
Double Cheeseburger	159	370	21	8	1	60	750	34	1	6	19
Big Cheeseburger	219	540	22	11	1	65	1150	56	3	13	28
Zucchini Star	262	600	31	7	0	25	1490	69	3	13	13

3. Chicken Sandwiches & More

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Hand-Breaded Chicken Sandwich	252	640	32	5	0	85	2650	59	2	7	30
Hand-Breaded Bacon Swiss Chicken Sandwich	315	770	42	10	0	115	2870	61	3	8	39
Charbroiled Chicken Club Sandwich	306	670	33	9	0	110	1660	53	3	1	41
Charbroiled Santa Fe Chicken Sandwich	323	670	35	8	0.5	105	1850	54	4	7	36
Charbroiled BBQ Chicken Sandwich	272	430	8	2	0	70	1350	57	3	10	33
Spicy Chicken Sandwich	177	490	29	6	0	40	1320	43	4	4	14
Hand-Breaded Chicken Tenders – 3 Piece	128	260	13	3	0	70	770	13	2	0	25
Hand-Breaded Chicken Tenders – 5 Piece	213	440	21	5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders – 10 Piece	–	880	42	10	0	230	2580	42	6	0	82
Hand-Breaded Chicken Tenders – 15 Piece	–	1320	63	15	0	345	3870	63	9	0	123
Hand-Breaded Chicken Tenders – 20 Piece	–	1760	84	20	0	460	5160	84	12	0	164
Chicken Stars – 6 Piece	91	270	15	3	0	50	480	19	3	0	14
Chicken Stars – 9 Piece	–	410	23	4.5	0	75	720	29	4	0	21

4. Sides

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Natural-Cut Fries – Small	97	280	14	2.5	0	0	560	36	3	0	3
Natural-Cut Fries – Medium	137	400	19	3.5	0	0	800	51	5	0	4
Natural-Cut Fries – Large	157	450	22	4	0	0	910	59	6	0	5
Waffle Fries	120	380	25	5	0	0	780	36	0	0	5
Onion Rings	116	560	30	5	0	0	630	66	4	6	9
Fried Zucchini	114	310	19	3.5	0	0	680	32	–	2	4
Jalapeno POPPERS Bites – 6 Piece	124	370	19	7	0	25	1110	40	3	4	9
Jalapeno POPPERS Bites – 9 Piece	186	550	28	10	0.5	35	1670	60	4	5	13
French Toast Dips – 5 Piece	186	620	19	3.5	0	0	670	106	3	30	9

5. Desserts & Shakes

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Chocolatey Chip Cookie	35	170	9	5	0	0	160	22	1	13	1
Strawberry Swirl Cheesecake	99	320	17	10	0.5	60	250	35	1	23	7
Chocolate Cake	85	290	11	3.5	0	30	240	46	1	35	3
Vanilla Hand-Scooped Shake	397	720	36	24	0	105	220	87	2	69	13

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Chocolate Hand-Scooped Shake	397	710	36	24	0	105	270	86	1	64	13
Strawberry Hand-Scooped Shake	397	710	36	24	0	105	220	85	0	68	13
Cookies & Cream Shake (OREO)	397	730	40	25	0.5	110	320	81	1	58	14

6. Beverages						
	Calories	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
Small (8 oz)	100	2	130	13	12	0
Medium (12 oz)	150	2.5	170	26	23	0
Large (16 oz)	200	3	210	39	35	0
Soft Drink (12 oz)	150	2.5	170	26	23	0
Flavored Water (12 oz)	0	0	0	0	0	0
Tea (12 oz)	0	0	0	0	0	0
Coffee (12 oz)	100	2	130	13	12	0
Milkshake (12 oz)	300	10	55	80	77	10
Smoothie (12 oz)	200	5	100	40	35	5
Lemonade (12 oz)	140	3	100	20	18	0
Strawberry Lemonade (12 oz)	140	3	100	20	18	0
Orange Juice (12 oz)	110	0	0	26	23	0
Apple Juice (12 oz)	110	0	0	26	23	0
Pineapple Juice (12 oz)	110	0	0	26	23	0
Water (12 oz)	0	0	0	0	0	0

7. Star Pals Kids Meals (includes Fries + Cookie, excludes drink)

Menu Item	Serv(g)	Cal	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Kids Meal – Chicken Tenders (2 Piece)	187	540	27	8	0	50	1060	56	4	13	20
Kids Meal – Hamburger	211	620	28	10	0.5	25	1100	79	2	19	14
Kids Meal – Cheeseburger	224	660	32	12	0.5	40	1320	80	2	19	16
Kids Meal – Chicken Stars (4 Piece)	163	550	29	9	0	35	860	60	5	13	13

8. Salads

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
Side Salad	140	7	10	190	13	3	6
Caesar Salad	280	9	65	720	18	4	8
House Salad	280	11	45	830	22	4	7

9. Dipping Sauces

	Serv(g)	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
Barbecue	25	140	14	3	25	115	4	4	0
Chili	21	5	0	0	0	480	1	0	0
Hot BBQ	25	50	0	0	0	190	12	11	0
Marinara	25	110	11	1.5	5	260	2	1	0

	Serv(g)	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Prot
sing	25	90	10	1.5	10	190	1	1	

* Daily values based on 2,000 calorie diet. Values may vary by location. Source: Carl's Jr. Official Nutrition PDF 2025