



Pal's Nutritionals

100%
— PURE —
GROUND BEEF

HAMBURGERS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber	Portion
Big Pal®	681	41	15	3	109	1085	43	6	34	1	9.2oz (262g)
Big Pal® w/Cheese	751	47	18	3	124	1385	44	7	37	1	10.0oz (283g)
Big Pal® w/Bacon	761	48	17	3	129	1335	43	6	39	1	10.6oz (302g)
Big Pal® w/Cheese/Bacon	831	54	21	3	144	1635	44	7	42	1	11.4oz (323g)
Double Big Pal®	1108	76	29	6	216	1722	43	6	62	1	13.2oz (375g)
Double Big Pal® w/Cheese	1248	88	36	6	246	2322	45	8	68	1	13.8oz (391g)
Double Big Pal® w/Bacon	1188	83	31	6	236	1972	43	6	67	1	14.6oz (415g)
Double Big Pal® w/Cheese/Bacon	1328	95	38	6	266	2572	45	8	73	1	15.2oz (431g)
Jr. Burger	335	19	6	1	43	632	27	4	14	1	4.8oz (137g)
Jr. Burger w/Cheese	405	25	10	1	58	932	28	5	17	1	5.5oz (155g)
Jr. Burger w/Bacon	415	26	9	1	63	882	27	4	19	1	6.2oz (177g)
Jr. Burger w/Cheese/Bacon	485	32	12	1	78	1182	28	5	22	1	6.8oz (195g)
Double Jr. Burger	495	32	11	2	83	976	27	4	25	1	6.1oz (175g)
Double Jr. Burger w/Cheese	635	44	18	2	113	1576	29	6	31	1	7.3oz (207g)
Double Jr. Burger w/Bacon	575	35	13	2	100	1208	27	4	30	1	7.5oz (215g)
Double Jr. Burger w/Cheese/Bacon	715	51	21	2	133	1826	29	6	36	1	8.7oz (247g)
Sauceburger®	327	15	6	1	40	926	33	8	15	1	4.2oz (120g)
Sauceburger® w/Cheese	397	21	9	1	55	1226	34	9	18	1	4.8oz (137g)
Double Sauceburger®	405	28	11	2	80	1270	33	8	25	1	6.1oz (175g)
Double Sauceburger® w/Cheese	545	40	17	2	110	1870	34	9	31	1	7.3oz (209g)
Patty Melt	835	60	53	4	165	1221	31	7	42	1	9.9oz (280g)
Small Chili Burger	479	25	10	1	67	1549	42	5	21	10	4.8oz (137g)
Chili Burger	935	51	19	3	146	2637	73	7	46	19	9.9oz (280g)
HOT DOGS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber	Portion
Hot Dog	349	18	6	0	37	1345	36	5	12	10	3.5oz (130g)
Chilibun	318	9	1	0	24	1459	49	3	11	19	4.3oz (123g)
Bar-B-Dog™	330	5	4	0	8	975	50	14	20	0	4.7oz (131g)
Bar-B-Dog™ w/Slaw	360	6	4	0	8	1025	54	17	20	1	5.7oz (162g)
SANDWICHES	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber	Portion
Chipped Ham	325	21	2	0	28	987	47	9	16	1	8.2oz (233g)
Toasted Cheese	395	18	8	0	33	1047	45	8	13	1	6.7oz (190g)
Toasted Cheese w/Bacon	475	25	11	0	53	1297	45	8	18	1	8.1oz (230g)
FRENCHIE FRIES	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber	Portion
Frenchie Fry®	164	6	2	0	0	280	26	1	2	2	3.5oz (100g)
Large Frenchie Fry®	235	8	3	0	0	399	37	2	3	3	5.0oz (141g)
DRINKS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber	Portion
Chocolate Shake	617	14	9	1	54	485	109	93	16	2	16oz (454g)
Large Chocolate Shake	1234	28	19	2	109	970	219	186	31	4	32oz (907g)
Vanilla Shake	527	14	9	1	54	465	85	73	16	0	16oz (454g)
Large Vanilla Shake	1054	28	19	2	109	930	171	146	31	0	32oz (907g)
Strawberry Shake	607	14	9	1	54	470	106	93	16	0	16oz (454g)
Large Strawberry Shake	1214	28	19	2	109	940	213	186	31	0	32oz (907g)
Peanut Butter Shake	695	28	12	1	55	598	91	76	22	2	16oz (454g)
Large Peanut Butter Shake	1391	56	24	2	110	1196	181	151	43	4	32oz (907g)
Dr. Enuf	188	0	0	0	0	0	46	46	0	0	16 fl oz cup
Large Dr. Enuf	300	0	0	0	0	0	78	78	0	0	32 fl oz cup
Coke	188	0	0	0	0	47	42	42	0	0	16 fl oz cup
Large Coke	300	0	0	0	0	79	70	70	0	0	32 fl oz cup
Diet Coke	1	0	0	0	0	42	0	0	0	0	16 fl oz cup
Large Diet Coke	2	0	0	0	0	70	0	0	0	0	32 fl oz cup
Sprite	188	0	0	0	0	68	40	40	0	0	16 fl oz cup
Large Sprite	251	0	0	0	0	114	67	67	0	0	32 fl oz cup
Mellow Yellow	188	0	0	0	0	52	45	45	0	0	16 fl oz cup
Large Mellow Yellow	274	0	0	0	0	88	75	75	0	0	32 fl oz cup
Pibb Xtra	188	0	0	0	0	42	40	40	0	0	16 fl oz cup
Large Pibb Xtra	245	0	0	0	0	70	67	67	0	0	32 fl oz cup
Powerade	462	0	0	0	0	0	120	120	0	0	16 fl oz cup
Large Powerade	776	0	0	0	0	0	202	202	0	0	32 fl oz cup
Iced Tea Sweet	187	0	0	0	0	0	52	52	0	0	32 fl oz cup
Iced Tea Unsweet	0	0	0	0	0	0	0	0	0	0	32 fl oz cup
Razzie Tea®	225	0	0	0	0	0	62	62	0	0	32 fl oz cup
Peachie Tea®	225	0	0	0	0	0	62	61	0	0	32 fl oz cup
Razzie Unsweet Tea	40	0	0	0	0	0	10	10	0	0	32 fl oz cup
Peachie Unsweet Tea	40	0	0	0	0	0	10	9	0	0	32 fl oz cup
BREAKFAST	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber	Portion
Sausage Biscuit	511	35	15	0	44	1308	35	3	12	1	4.6oz (131g)
Gravy Biscuit	499	29	13	0	23	1618	47	5	8	1	8.6oz (244g)
Bacon Biscuit	467	30	13	0	42	1648	35	3	14	1	4.2 oz (118g)
Country Ham Biscuit	390	20	9	0	43	1921	36	3	15	1	3.9oz (112g)
Biscuit Plain	307	16	8	0	2	968	35	3	4	1	3.2 oz (90g)
Butter Biscuit	340	20	9	0	5	985	35	3	4	1	3.7 oz (104g)
Cheddar Rounds®	288	16	8	0	24	720	29	2	8	5	4.1 oz (116g)
Large Cheddar Rounds®	432	24	12	0	36	1080	43	2	12	7	6.2 oz (176g)
Orange Juice	130	0	0	0	0	20	33	28	2	0	10oz (296ml)
Milk	120	5	3	0	20	125	11	11	8	0	8oz (236ml)
Apple Juice	130	0	0	0	0	1	14	35	0	0	10oz (296ml)
Coffee	0	0	0	0	0	0	0	0	0	0	20 fl oz cup
ADD ON/INS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber	Portion
Side Bacon	80	14	5	0	40	680	0	0	10	0	2 Strips
Side Sausage	204	19	7	0	42	340	0	0	8	0	1 patty
Side Gravy	192	13	5	0	21	650	12	2	4	0	4oz gravy/1oz sausage
Peachie Flavor	40	0	0	0	0	0	10	10	0	0	1oz flavoring
Razzie Flavor	40	0	0	0	0	0	10	10	0	0	1oz flavoring
Low Fat at Pal's											
The following shows nutritional data if mustard is substituted for mayonnaise and ordered without cheese											
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Chipped Ham	325	21	2	0	28	987	47	9	16	1	8.2oz (233g)
Sauceburger®	327	15	6	1	40	926	33	8	15	1	4.2oz (120g)
Jr. Burger	335	19	6	1	43	632	27	4	14	1	4.8oz (137g)
Chilibun	318	9	1	0	24	1459	49	3	11	19	4.3oz (123g)