



Pal's Nutritionals

HAMBURGERS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Big Pal™	9.2oz (262g)	593	41	15	3	109	1085	43	6	34	1
Big Pal™ w/Cheese	10oz (283g)	663	47	18	3	124	1385	44	7	37	1
Jr. Burger	4.8oz (137g)	280	19	6	1	43	632	27	4	14	1
Jr. Burger w/Cheese	5.5oz (155g)	350	25	10	1	58	932	28	5	17	1
Chili Burger Small	5.4oz (154g)	362	25	10	1	67	1549	42	5	21	10
Chili Burger Large	9.9oz (280g)	687	51	19	3	146	2637	73	7	46	19
Sauceburger	4.2oz (120g)	245	15	6	1	40	926	33	8	15	1
Sauceburger w/Cheese	4.8oz (137g)	315	21	9	1	55	1226	34	9	18	1
SANDWICHES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Chipped Ham	8.2oz (233g)	390	21	2	0	28	987	47	9	16	1
Big Chicken	8.2oz (233g)	396	14	5	0	71	1667	46	9	25	1
Big Chicken No May	8.2oz (233g)	385	10	4	0	68	1650	46	9	25	1
Toasted Cheese	6.7oz (190g)	440	18	8	0	33	1047	45	8	13	1
HOT DOGS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Hot Dog	3.5oz (130g)	309	18	6	0	37	1345	36	5	12	10
Chilibun	4.3oz (123g)	224	9	1	0	24	1459	49	3	11	19
FRENCHIE FRIES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Frenchie Fry Small	3.5oz (85g)	276	6	2	0	0	280	26	1	2	2
Frenchie Fry Large	5oz (142g)	463	8	3	0	0	399	37	2	3	3
DRINKS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Iced Tea Sweet 32oz	32 fl oz cup	187	0	0	0	0	0	52	52	0	0
Iced Tea Unsweet 32oz	32 fl oz cup	0	0	0	0	0	0	0	0	0	0
Razzie Tea 32oz	32 fl oz cup	225	0	0	0	0	0	62	62	0	0
Peachie Tea 32oz	32 fl oz cup	225	0	0	0	0	0	62	61	0	0
Razzie Plain Tea 32oz	32 fl oz cup	40	0	0	0	0	0	10	10	0	0
Peachie Plain Tea 32oz	32 fl oz cup	40	0	0	0	0	0	10	9	0	0
Coke 16oz	16 fl oz cup	188	0	0	0	0	47	42	42	0	0
Coke 32oz	32 fl oz cup	300	0	0	0	0	79	70	70	0	0
Diet Coke 16oz	16 fl oz cup	1	0	0	0	0	42	0	0	0	0
Diet Coke 32oz	32 fl oz cup	2	0	0	0	0	70	0	0	0	0
Pibb Xtra 16oz	16 fl oz cup	188	0	0	0	0	42	40	40	0	0
Pibb Xtra 32oz	32 fl oz cup	245	0	0	0	0	70	67	67	0	0
Mellow Yellow 16oz	16 fl oz cup	188	0	0	0	0	52	45	45	0	0
Mellow Yellow 32oz	32 fl oz cup	274	0	0	0	0	88	75	75	0	0
Sprite 16oz	16 fl oz cup	188	0	0	0	0	68	40	40	0	0
Sprite 32oz	32 fl oz cup	251	0	0	0	0	114	67	67	0	0
Dr. Enuf 16oz	16 fl oz cup	188	0	0	0	0	0	46	46	0	0
Dr. Enuf 32oz	32 fl oz cup	300	0	0	0	0	0	78	78	0	0
Coffee	16 fl oz cup	0	0	0	0	0	0	0	0	0	0
Milk	8oz (236ml)	120	5	3	0	20	125	11	11	8	0
Orange Juice	10oz (296ml)	130	0	0	0	0	20	33	28	2	0
Apple Juice	10oz (296ml)	130	0	0	0	0	1	14	35	0	0
SHAKES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Vanilla Shake 16oz	16 fl oz cup	560	14	9	1	54	465	85	73	16	0
Vanilla Shake 32oz	32 fl oz cup	1120	28	19	2	109	930	171	146	31	0
Chocolate Shake 16oz	16 fl oz cup	617	14	9	1	54	485	109	93	16	2
Chocolate Shake 32oz	32 fl oz cup	1234	28	19	2	109	970	219	186	31	4
Strawberry Shake 16oz	16 fl oz cup	607	14	9	1	54	470	106	93	16	0
Strawberry Shake 32oz	32 fl oz cup	1214	28	19	2	109	940	213	186	31	0
BREAKFAST	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Biscuit Plain	3.2 oz (90g)	307	16	8	0	2	968	35	3	4	1
Bacon Biscuit	4.2 oz (118g)	390	30	13	0	42	1648	35	3	14	1
Sausage Biscuit	4.6oz (131g)	511	35	15	0	44	1308	35	3	12	1
Ham Biscuit	3.9oz (112g)	390	20	9	0	43	1921	36	3	15	1
Gravy Biscuit	8.6oz (244g)	499	29	13	0	23	1618	47	5	8	1
Cheddar Rounds Small	4.1 oz (116g)	240	16	8	0	24	720	29	2	8	5
Cheddar Rounds Large	6.2 oz (176g)	360	24	12	0	36	1080	43	2	12	7
ADD ON/INS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Bacon	2 strips	43	3	2	0	24	720	29	2	8	5
Peachie Flavor	1oz flavoring	38	0	0	0	0	0	10	10	0	0
Razzi Flavor	1oz flavoring	38	0	0	0	0	0	10	10	0	0
Low Fat at Pal's											
The following shows nutritional data if mustard is substituted for mayonnaise and ordered without cheese											
SANDWICHES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Chipped Ham	8.2oz (233g)	290	17	1	0	25	987	47	9	16	1
Sauceburger	4.2oz (120g)	327	15	6	1	40	926	33	8	14	1
Jr Burger	4.8oz (137g)	300	15	6	0	40	614	24	0	14	1
Chilibun	4.3oz (123g)	318	9	1	0	24	1459	49	3	11	19