



Pal's Nutritionals

HAMBURGERS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Sauceburger	4.2oz (120g)	327	15	6	1	40	926	33	8	15	1
Sauceburger w/Cheese	4.8oz (137g)	397	21	9	1	55	1226	34	9	18	1
Jr. Burger	4.8oz (137g)	335	19	6	1	43	632	27	4	14	1
Jr. Burger w/Cheese	5.5oz (155g)	405	25	10	1	58	932	28	5	17	1
Big Pal™	9.2oz (262g)	681	41	15	3	109	1085	43	6	34	1
Big Pal™ w/Cheese	10oz (283g)	751	47	18	3	124	1385	44	7	37	1
Chili Burger Small	5.4oz (154g)	479	25	10	1	67	1549	42	5	21	10
Chili Burger Large	9.9oz (280g)	935	51	19	3	146	2637	73	7	46	19
Patty Melt	9.9 oz (280g)	835	60	53	4	165	1221	31	7	42	1
SANDWICHES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Chipped Ham	8.2oz (233g)	325	21	2	0	28	987	47	9	16	1
Toasted Cheese	6.7oz (190g)	395	18	8	0	33	1047	45	8	13	1
Big Chicken	8.2oz (233g)	420	14	5	0	71	1667	46	9	25	1
Big Chicken No Mayo	8.2oz (233g)	385	10	4	0	68	1650	46	9	25	1
HOT DOGS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Hot Dog	3.5oz (130g)	349	18	6	0	37	1345	36	5	12	10
Chilibun	4.3oz (123g)	318	9	1	0	24	1459	49	3	11	19
Bar-b-dog	4.7oz (131g)	330	5	4	0	8	975	50	14	20	0
FRENCHIE FRIES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Frenchie Fry Small	3.5oz (85g)	164	6	2	0	0	280	26	1	2	2
Frenchie Fry Large	5oz (142g)	235	8	3	0	0	399	37	2	3	3
DRINKS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Coke 16oz	16 fl oz cup	152	0	0	0	0	47	42	42	0	0
Coke 32oz	32 fl oz cup	256	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
Coke Zero 16oz	16 fl oz cup	1	0	0	0	0	44	0	0	0	0
Coke Zero 32oz	32 fl oz cup	2	0	0	0	0	74	0	0	0	0
Pibb Xtra 16oz	16 fl oz cup	146	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	163	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	146	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
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	227	0	0	0	0	0	62	62	0	0
Peachie Tea 32oz	32 fl oz cup	227	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
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)	160	0	0	0	0	1	14	35	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	315	0	0	0	0	0	78	78	0	0
SHAKES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
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
Vanilla Shake 16oz	16 fl oz cup	527	14	9	1	54	465	85	73	16	0
Vanilla Shake 32 z	32 fl oz cup	1054	28	19	2	109	930	171	146	31	0
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
Peanut Butter Shake 16oz	16 fl oz cup	695	28	12	1	55	598	91	76	22	2
Peanut Butter Shake 32oz	32 fl oz cup	1391	56	24	2	110	1196	181	151	43	4
BREAKFAST	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (mg)	Sodium (mg)	Total Carbs	Sugar (g)	Protein	Fiber
Cheddar Rounds Small	4.1 oz (116g)	288	16	8	0	24	720	29	2	8	5
Cheddar Rounds Large	6.2 oz (176g)	432	24	12	0	36	1080	43	2	12	7
Biscuit Plain	3.2 oz (90g)	307	16	8	0	2	968	35	3	4	1
Gravy Biscuit	8.6oz (244g)	499	29	13	0	23	1618	47	5	8	1
Ham Biscuit	3.9oz (112g)	390	20	9	0	43	1921	36	3	15	1
Sausage Biscuit	4.6oz (131g)	511	35	15	0	44	1308	35	3	12	1
Bacon Biscuit	4.2 oz (118g)	467	30	13	0	42	1648	35	3	14	1
ADD ON/INS	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (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 subtituted for mayonnarise and ordered without cheese											
SANDWICHES	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholestral (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