



Pal's Nutritionals

HAMBURGERS											
Serving Size	Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
Sauceburger	4.2oz (120g)	327	15	1	1	40	291	33	8	14	1
Sauceburger Cheese	4.8oz (137g)	397	21	5	1	55	591	34	9	17	1
Jr Burger	4.8oz (137g)	335	19	2	1	43	657	27	4	141	1
Jr Burger Cheese	5.5oz (155g)	405	25	6	2	58	957	28	5	144	1
Double Jr Burger Cheese	5.3oz (323g)	635	44	14	2	133	1288	29	6	157	1
Big Pal	9.2oz (262g)	681	41	16	3	110	531	43	6	34	1
Big Pal Cheese	10oz (283g)	751	47	20	3	120	831	44	7	37	1
Chiliburger Small	5.4oz (154g)	518	23	7	1	40	1570	56	4	22	19
Chiliburger Large	9.9oz (280g)	864	45	16	3	107	1783	72	6	42	19
SANDWICHES											
Serving Size	Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
Chipped Ham	8.2oz (233g)	390	18	2	0	40	1735	37	4	21	1
Toasted Cheese	6.7oz (190g)	440	27	10	0	40	1110	39	4	14	1
Big Chicken	8.2oz (233g)	396	18	2	0	33	907	39	3	20	1
Big Chicken no Mayo	8.2oz (233 g)	298	7	0	0	25	907	39	3	20	1
HOT DOGS											
Serving Size	Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
Hotdog	4.6oz (130g)	302	19	6.5	0	40	875	21.5	4	12	9
Chilibun	4.3oz (123g)	224	11.5	3	0	32	510	20	2	11	19
Bar-b-dog	4.7 oz (131 g)	330	4.5	4.2	0	7.5	975	49.5	13.5	19.5	0
FRENCHIE FRIES											
Serving Size	Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
French Fry Small	3oz (85g)	168	6	2	0	0	1269	27	2	2	2
French Fry Large	5oz (142g)	239	8	3	0	0	1811	38	3	3	3
DRINKS											
Serving Size	Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
Coke 16oz	16 fl oz cup	152	0	0	0	0	3	42	42	0	0
Coke 32oz	32 fl oz cup	256	0	0	0	0	5	70	70	0	0
Diet Coke 16oz	16 fl oz cup	1	0	0	0	0	15	0	0	0	0
Diet Coke 32oz	32 fl oz cup	2	0	0	0	0	26	0	0	0	0
Sprite 16oz	16 fl oz cup	149	0	0	0	0	34	40	40	0	0
Sprite 32oz	32 fl oz cup	251	0	0	0	0	57	67	67	0	0
Mello Yello 16oz	16 fl oz cup	163	0	0	0	0	12	45	45	0	0
Mello Yello 32oz	32 fl oz cup	274	0	0	0	0	21	75	75	0	0
Pibb Xtra 16oz	16 fl oz cup	149	0	0	0	0	22	40	40	0	0
Pibb Xtra 32oz	32 fl oz cup	251	0	0	0	0	36	67	67	0	0
Iced Tea unsweet	32 fl oz cup	0	0	0	0	0	0	0	0	0	0
Iced Tea sweet	32 fl oz cup	187	0	0	0	0	0	52	52	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
Dr. Enuf 16oz	16 fl oz cup	188	0	0	0	0	0	46	46	0	0
SHAKES											
Serving Size	Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
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	564	15	10	1	58	498	91	78	17	0
Vanilla Shake 32oz	32 fl oz cup	1128	30	20	2	116	995	182	156	33	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	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
Cheddar Rounds Small	4.1oz (116g)	288	16	8	0	24	720	29	2	8	5
Cheddar Rounds Large	6.2oz (176g)	432	24	12	0	36	1080	43	2	12	7
Biscuit (Plain)	3.2oz (90g)	290	14	8	0	0	960	35	3	4	1
Gravy Biscuit	8.6oz (244g)	482	27	13	0	21	1610	47	5	8	1
Ham Biscuit	3.9oz (112g)	377	17	8	25	542	972	38	12	4	1
Sausage Biscuit	4.6oz (131g)	494	38	15	0	42	1300	35	3	12	1
Bacon Biscuit	4.2oz (118g)	450	28	13	0	40	1640	35	3	14	1
Tender Pork Loin Biscuit	4.7oz (161g)	430	23	7	3.5	40	1070	36	3	17	1
ADD ONS/INS											
Serving Size	Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
Bacon	1 strip	43	3	2	0	9	82	0	0	3	0
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	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Proteins (g)	Fiber (g)	
Chipped Ham	8.2oz (233g)	290	6	0	0	30	1685	37	4	21	1
Sauceburger	4.2oz (120g)	327	15	1	1	40	291	33	8	14	1
Jr Burger	4.8oz (137g)	230	10	3.5	0	30	657	24	0	141	1
Chilibun	4.3oz (123g)	224	11.5	3	0	32	510	20	2	11	19