



# 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)  | 245          | 10           | 3.5           | 0             | 30          | 450       | 28         | 6            | 13        | 1   |
| Sauceburger Cheese  | 4.8oz (137g)  | 315          | 16           | 7.5           | 0             | 45          | 790       | 29         | 6            | 17        | 1   |
| Jr Burger   | 4.8oz (137g)  | 280          | 13           | 4             | 0             | 35          | 295       | 24         | 3            | 13        | 1   |
| Jr Burger Cheese  | 5.5oz (155g)  | 350          | 19           | 8             | 0             | 50          | 635       | 25         | 3            | 17        | 1   |
| Double Jr Burger Cheese   | 5.3oz (323g)  | 470          | 25           | 10            | 0             | 88          | 667       | 28         | 7            | 31        | 1   |
| Big Pal™  | 9.2oz (262g)  | 593          | 36           | 11            | 0             | 90          | 510       | 37         | 4            | 30        | 1   |
| Big Pal™ Cheese   | 10oz (283g)   | 663          | 42           | 15            | 0             | 105         | 850       | 38         | 4            | 34        | 1   |
| Chiliburger Small   | 5.4oz (154g)  | 362          | 21           | 9             | 0             | 61          | 765       | 25         | 3            | 21        | 1   |
| Chiliburger Large   | 9.9oz (280g)  | 687          | 40           | 16            | 0             | 127         | 1110      | 39         | 4            | 42        | 1   |
| Patty Melt  | 9.9oz (280g)  | 835          | 60           | 53            | 4             | 165         | 1221      | 31         | 7            | 42        | 1   |
| 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 (233g)  | 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        | 1   |
| Chilibun  | 4.3oz (123g)  | 224          | 11.5         | 3             | 0             | 32          | 510       | 20         | 2            | 11        | 1   |
| Bar-b-dog™  | 4.7 oz (131g) | 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) |     |
| Frenchie Fry Small  | 3oz (85g)     | 276          | 13           | 1.8           | 0             | 0           | 192       | 34.8       | 0            | 3.5       | 3.5 |
| Frenchie Fry Large  | 5oz (142g)    | 463          | 23           | 3.2           | 0             | 0           | 324       | 58         | 0            | 5.5       | 5.5 |
| 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  | 146          | 0            | 0             | 0             | 0           | 47        | 41         | 41           | 0         | 0   |
| Coke 32oz   | 32 fl oz cup  | 245          | 0            | 0             | 0             | 0           | 79        | 68         | 68           | 0         | 0   |
| Diet Coke 16oz  | 16 fl oz cup  | 0            | 0            | 0             | 0             | 0           | 42        | 0          | 0            | 0         | 0   |
| Diet Coke 32oz  | 32 fl oz cup  | 0            | 0            | 0             | 0             | 0           | 70        | 0          | 0            | 0         | 0   |
| Sprite 16oz   | 16 fl oz cup  | 146          | 0            | 0             | 0             | 0           | 68        | 39         | 39           | 0         | 0   |
| Sprite 32oz   | 32 fl oz cup  | 245          | 0            | 0             | 0             | 0           | 114       | 66         | 66           | 0         | 0   |
| Mello Yello 16oz  | 16 fl oz cup  | 177          | 0            | 0             | 0             | 0           | 47        | 49         | 49           | 0         | 0   |
| Mello Yello 32oz  | 32 fl oz cup  | 298          | 0            | 0             | 0             | 0           | 79        | 82         | 82           | 0         | 0   |
| Pibb Xtra 16oz  | 16 fl oz cup  | 156          | 0            | 0             | 0             | 0           | 47        | 41         | 41           | 0         | 0   |
| Pibb Xtra 32oz  | 32 fl oz cup  | 262          | 0            | 0             | 0             | 0           | 79        | 69         | 69           | 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         | 47g        | 47g          | 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  | 580          | 14           | 8             | 1             | 37          | 250       | 102        | 84           | 14        | 0   |
| Chocolate Shake 32oz  | 32 fl oz cup  | 1160         | 28           | 16            | 2             | 74          | 500       | 204        | 168          | 28        | 0   |
| Vanilla Shake 16oz  | 16 fl oz cup  | 560          | 13           | 8             | 1             | 37          | 210       | 98         | 83           | 14        | 0   |
| Vanilla Shake 32oz  | 32 fl oz cup  | 1120         | 26           | 16            | 2             | 74          | 420       | 196        | 166          | 28        | 0   |
| Strawberry Shake 16oz   | 16 fl oz cup  | 560          | 13           | 8             | 1             | 37          | 170       | 97         | 83           | 14        | 0   |
| Strawberry Shake 32oz   | 32 fl oz cup  | 1120         | 26           | 16            | 2             | 74          | 340       | 194        | 166          | 28        | 0   |
| Peanut Butter Shake 16oz  | 16 fl oz cup  | 631          | 22           | 9             | 1             | 35          | 317       | 99         | 81           | 18        | 1   |
| Peanut Butter Shake 32oz  | 32 fl oz cup  | 1262         | 44           | 18            | 2             | 70          | 634       | 198        | 162          | 36        | 2   |
| 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)  | 240          | 13           | 6             | 0             | 20          | 600       | 24         | 1.2          | 6.5       | 0   |
| Cheddar Rounds™ Large   | 6.2oz (176g)  | 360          | 20           | 9             | 0             | 30          | 900       | 36         | 1.8          | 10        | 0   |
| Biscuit   | 3.2oz (90g)   | 320          | 16           | 8             | 0             | 0           | 850       | 39         | 3            | 3         | 0   |
| Gravy Biscuit   | 8.6oz (244g)  | 525          | 33           | 8             | 0             | 15          | 1542      | 46         | 6            | 8         | 0   |
| Ham Biscuit   | 3.9oz (112g)  | 390          | 20           | 9             | 0             | 22          | 1640      | 35         | 3            | 10        | 0   |
| Sausage Biscuit   | 4.6oz (131g)  | 460          | 30           | 13            | 0             | 30          | 1090      | 39         | 3            | 11        | 0   |
| Bacon Biscuit   | 4.2oz (118g)  | 406          | 22           | 12            | 0             | 18          | 1014      | 39         | 3            | 9         | 0   |
| 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 Tea™ Flavor   | 1oz flavoring | 38           | 0            | 0             | 0             | 0           | 0         | 10         | 10           | 0         | 0   |
| Razzi Tea™ Flavor   | 1oz flavoring | 38           | 0            | 0             | 0             | 0           | 0         | 10         | 10           | 0         | 0   |
| Slaw-On Sandwich  | 1oz           | 30           | 0            | 0             | 0             | 0           | 50        | 0          | 0            | 0         | 0   |
| Slaw-Side Order   | 4oz           | 120          | 1            | 0             | 0             | 1           | 20        | 1          | 1            | 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)  | 245          | 10           | 3.5           | 0             | 30          | 450       | 28         | 6            | 13        | 1   |
| Jr Burger   | 4.8oz (137g)  | 230          | 10           | 3.5           | 0             | 30          | 270       | 24         | 0            | 13        | 1   |
| Chilibun  | 4.3oz (123g)  | 224          | 11.5         | 3             | 0             | 32          | 510       | 20         | 2            | 11        | 1   |