



# Pal's Nutritionals

<b>HAMBURGERS</b>											
	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	6	1	40	614	33	8	15	1
Sauceburger Cheese	4.8oz (137g)	397	21	9	1	55	914	34	9	18	1
Jr Burger	4.8oz (137g)	335	19	6	1	43	632	27	4	14	1
Jr Burger Cheese	5.5oz (155g)	405	25	10	1	58	922	28	5	17	1
Double Jr Burger Cheese	5.3oz (323g)	635	44	18	2	113	1576	29	6	31	1
Big Pal	9.2oz (262g)	681	41	15	3	110	1085	43	6	34	1
Big Pal Cheese	10oz (283g)	751	47	18	3	124	1385	44	7	37	1
Chiliburger Small	5.4oz (154g)	479	25	10	1	67	1549	42	5	21	10
Chiliburger Large	9.9oz (280g)	935	51	19	3	146	2637	73	7	46	19
<b>SANDWICHES</b>											
	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)	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 (233 g)	385	10	4	0	68	1650	46	9	25	1
<b>HOT DOGS</b>											
	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)	349	18	6.5	0	37	1345	36	5	12	10
Chilibun	4.3oz (123g)	318	18	6	0	24	1459	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
<b>FRENCHIE FRIES</b>											
	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)	168	6	2	0	0	1269	27	2	2	2
Frenchie Fry Large	5oz (142g)	239	8	3	0	0	1811	38	3	3	3
<b>DRINKS</b>											
	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
<b>SHAKES</b>											
	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
<b>BREAKFAST</b>											
	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)	307	16	8	0	2	968	35	3	4	1
Gravy Biscuit	8.6oz (244g)	499	29	13	0	23	1610	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	1305	35	3	12	1
Bacon Biscuit	4.2oz (118g)	467	30	13	0	42	1648	35	3	14	1
<b>ADD ONS/INS</b>											
	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	125	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.

<b>SANDWICHES</b>											
	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	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	141	1
Chilibun	4.3oz (123g)	318	18	6	0	24	1459	20	2	11	19