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
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	1
Chilibun	4.3oz (123g)	224	11.5	3	0	32	510	20	2	11	1
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)**
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**
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 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
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