

Nutritional Information									
Item	Nutritional Information								
	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Steakburgers									
Single Steakburger	398	18	7	55	826	35	1	4	22
Single Steakburger w/o cheese	338	14	5	40	466	34	1	3	18
Regular Steakburger	599	32	14	111	1222	36	1	5	38
Regular Steakburger w/o cheese	479	24	9	81	502	34	1	3	30
Triple Steakburger	789	46	20	166	1617	34	1	6	54
Triple Steakburger w/o cheese	609	34	13	121	537	31	1	3	42
California Style Steakburger	442	25	8	63	877	33	1	8	21
California Style Steakburger w/o cheese	402	21	6	48	517	32	1	7	17
California Style Steakburger w/o sauce	370	17	7	55	665	30	1	4	21
California Style Steakburger w/o cheese or sauce	301	13	5	40	305	28	1	3	17
Double California Style Steakburger	643	39	15	118	1272	34	1	9	37
Double California Style Steakburger w/o cheese	523	31	10	88	552	32	1	7	29
Double California Style Steakburger w/o sauce	565	31	14	111	1061	30	1	5	37
Double California Style Steakburger w/o cheese or sauce	451	23	9	81	341	29	1	3	29
Triple California Style	848	53	21	174	1668	36	1	10	53
Triple California Style w/o cheese	719	41	14	129	588	46	1	7	41
Triple California Style w/o sauce	772	45	20	166	1456	32	1	6	53
Triple California Style w/o cheese or sauce	592	33	13	121	376	29	1	3	41
Single Bacon Steakburger with Cheese	528	27	11	100	1292	37	2	7	33
Double Bacon Steakburger with Cheese	709	38	8	63	1353	37	2	7	52
Triple Bacon Steakburger with Cheese	926	52	22	241	1635	37	2	8	73
Single Bacon Steakburger w/o Cheese	428	27	11	100	1292	37	2	7	33
Double Bacon Steakburger w/o Cheese	609	30	10	100	903	36	2	6	47
Triple Bacon Steakburgerw/o Cheese	776	40	14	204	960	36	2	6	65
Chili Cheese Steakburger	616	35	10	90	737	34	2	4	41
Patty Melt	680	39	18	131	1314	34	4	2	38
Patty Melt w/o cheese	480	23	8	81	414	32	4	2	26
Patty Melt Single	439	21	9	65	828	33	4	2	20
Patty Melt Single w/o cheese	339	13	4	40	378	32	4	2	14
Other Sandwiches									
Veggie Burger	464	18	4	23	1192	48	4	11	25
Veggie Burger w/o cheese	404	14	2	8	832	47	4	10	21
Veggie Burger w/o sauce	384	10	3	15	980	44	4	7	25
Veggie Burger w/o cheese or sauce	328	6	1	0	620	43	4	6	21
Grilled Chicken Breast Sandwich	492	23	9	9	467	29	1	3	40
Grilled Chicken Breast Sandwich w/o mayo	350	7	1	1	354	28	1	3	40
Hot Dog	350	14	5	30	880	38	2	3	15
Chicago Style Hot Dog	476	20	5	30	1093	49	3	8	21
Chili Dog	679	36	8	49	1623	50	4	5	38
Chili Dog w/o cheese	458	19	7	49	1319	47	4	5	24
Chicken Tenders - Regular	444	29	4	55	1148	25	1	1	22
Chicken Tenders - Large	550	34	5	75	1573	34	2	2	30
Sides									
Regular order of Fries	489	27	4	0	512	57	5	1	5
Large order of Fries	634	35	5	0	655	72	6	1	6
Baked Lay's Original	130	2	0	0	150	26	2	2	2
Baked Lay's BBQ	140	3.5	0.5	0	240	24	2	3	2
Cheese Fries	560	27	8	5	1026	69	4	2	5
Chili Cheese Fries	670	32	10	24	1466	78	6	4	14
Chili Bowl	567	32	5	38	1515	40	4	4	35
Chili Bowl w/o cheese	338	13	3	37	1163	39	4	4	21
Onion Rings	566	32	14	29	881	64	0	0	8
Fry Sauce	110	11	1.5	1	230	4	0	2	0
Frozen Custard Treats - Freddy's frozen custard contains eggs that have been pasteurized.									
Vanilla cup single	326	16	10	90	122	34	0	28	7
Chocolate cup single	342	16	10	73	114	37	2	31	8
Vanilla cake cone single	346	16	10	90	127	39	0	28	7
Chocolate cake cone single	368	17	10	75	121	43	2	32	8
Vanilla waffle cone single	448	17	10	90	167	60	1	37	9
Chocolate waffle cone single	464	17	10	73	159	63	3	40	10
Vanilla Shake - Mini	418	21	12	108	164	43	0	36	9
Vanilla Shake - Regular	636	32	18	166	248	66	0	54	14
Vanilla Shake - Large	944	47	27	246	369	98	0	80	21
Vanilla Malt - Mini	495	21	12	113	211	62	0	54	9
Vanilla Malt - Regular	731	32	18	166	311	92	0	81	13
Vanilla Malt - Large	1063	46	27	246	448	133	0	115	20
Chocolate Shake - Mini	437	21	12	88	154	47	2	39	11
Chocolate Shake - Regular	667	32	18	136	234	72	3	60	17
Chocolate Shake - Large	988	47	27	201	346	107	4	89	25
Chocolate Malt - Mini	516	21	12	92	200	67	2	59	11
Chocolate Malt - Regular	761	32	18	136	296	99	3	87	16
Chocolate Malt - Large	1107	46	27	201	426	142	4	124	24
Oreo® Custard Cookie Sandwich	225	9	3	23	235	33	2	18	5
Sundaes - Freddy's frozen custard contains eggs that have been pasteurized.									
Hot Fudge Sundae - Mini	390	17	10	91	133	49	1	40	7
Hot Fudge Sundae - Regular	692	32	19	174	246	80	1	65	13
Hot Fudge Sundae - Large	1081	48	29	265	379	129	1	105	20
Turtle Sundae - Mini	813	51	17	109	364	78	4	57	11
Turtle Sundae - regular	1133	67	27	197	484	111	4	85	18
Turtle Sundae - Large	1912	116	43	301	841	185	9	138	29
PBC&B Sundae - Mini	469	24	10	92	180	53	1	42	9
PBC&B Sundae - Regular	771	39	19	175	293	85	1	67	15
PBC&B Sundae - Large	1257	65	30	267	476	136	3	107	24
Brownie Delight Sundae - Mini	657	27	11	97	297	90	3	70	11
Brownie Delight Sundae - Regular	966	43	19	144	431	121	5	74	19
Brownie Delight Sundae - Large	1624	67	31	267	717	218	8	169	30
Hawaiian Delight Sundae - Mini	570	30	14	100	200	65	2	41	9
Hawaiian Delight Sundae - Regular	850	45	23	180	310	97	2	67	15
Hawaiian Delight Sundae - Large	1040	57	25	180	380	114	5	82	16
Dirt n' Worms Sundae - Mini	556	21	11	96	237	77	1	57	8
Dirt n' Worms Sundae - Regular	858	36	20	179	350	109	1	83	14
Dirt n' Worms Sundae - Large	1333	55	31	270	551	170	1	129	21
Concretes - Freddy's frozen custard contains eggs that have been pasteurized.									
Turtle Concrete - Mini	667	35	16	112	289	76	2	58	10
Turtle Concrete - Regular	913	48	23	175	377	100	2	77	14
Turtle Concrete - Large	1466	78	35	256	624	163	5	123	22
PBC&B Concrete - Mini	533	26	11	92	185	65	2	50	9
PBC&B Concrete - Regular	749	37	18	159	276	84	1	67	14
PBC&B Concrete - Large	1138	57	25	223	421	130	3	103	20
Brownie Delight Concrete - Mini	1030	46	23	176	445	132	5	101	19
Brownie Delight Concrete - Regular	1638	75	40	283	651	203	8	157	30
Brownie Delight Concrete - Large	1932	87	43	338	839	242	10	186	36
Hawaiian Delight Concrete - Mini	548	30	13	90	189	60	3	48	8
Hawaiian Delight Concrete - Regular	912	49	24	189	320	97	3	78	16
Hawaiian Delight Concrete - Large	1496	81	37	290	520	159	7	128	25
Dirt n' Worms Concrete - Mini	629	25	13	116	264	84	1	63	9
Dirt n' Worms Concrete - Regular	888	38	21	187	361	112	1	85	14
Dirt n' Worms Concrete - Large	1177	47	26	227	492	154	1	115	18
Frozen Custard Toppings									
Chocolate Fudge	139	5	4	16	59	24	1	17	1
Caramel Fudge	58	0	0	2	44	12	0	9	0
Chocolate Syrup	58	0	0	0	9	14	1	12	1
Butterscotch Syrup	100	0	0	0	85	24	0	10	0
Banana Syrup	25	0	0	0	0	6	0	5	0
Malt Syrup	68	0	0	0	45	18	0	18	0
Peanut Butter	100	9	1	0	85	4	1	2	4
Marshmallow	4	0	0	0	9	11	0	9	0
Strawberry Topping	49	0	0	0	0	12	1	11	0
Pineapple Topping	20	0	0	0	0	6	0	5	0
Cherry Topping	78	0	0	0	52	19	0	18	0
Banana	25	0	0	0	0	6	1	4	0
M&M's®	128	6	4	3	18	17	1	16	1
Oreo®	68	3	1	0	68	10	1	6	1
Snickers®	107	5	2	3	56	14	0	11	2
Butterfinger®	89	4	2	0	45	14	0	10	1
Heath® Toffee	106	7	3	7	66	12	0	12	7
Reese's® PB Cup	88	5	0	1	53	9	1	8	2
Reese's® Pieces	67	3	2	0	27	9	0	7	1
Cookie Dough	58	2	1	2	33	10	0	6	0
Chocolate Chips	119	7	4	0	0	17	2	14	2
Peanuts	102	9	1	0	54	3	2	1	5
Cashews	104	9	2	0	55	5	1	1	3
Almonds	70	6	1	0	38	2	1	1	2
Pecan Pieces	101	11	1	0	56	2	1	1	1
Pecan Halves	243	26	2	0	133	4	3	1	3
Macadamia Nuts	103	11	2	0	38	2	1	1	1
Cheesecake	61	4	2	16	53	6	0	4	1
Rainbow Sprinkles	106	4	3	0	15	19	0	16	0
Gummi Worms	104	0	0	0	11	23	0	16	0
Coffee Flavoring	46	0	0	0	7	11	0	1	0
Mint Flavoring	45	0	0	0	0	11	0	11	0
Brownies	143	9	8	2	164	8	1	2	8
Toasted Coconut	26	1	1	0	22	3	1	2	0
Granola	71	1	0	0	10	14	1	5	1
Drinks (22 Ounce)									
Pepsi®	280	0	0	0	50	67	0	67	0
Diet Pepsi®	0	0	0	0	60	0	0	0	0
Dr. Pepper®	280	0	0	0	100	71	0	71	0
Diet Dr. Pepper®	0	0	0	0	96	0	0	0	0
Mug Root Beer	240	0	0	0	35	63	0	63	0
Mountain Dew	260	0	0	0	85	70	0	70	0
Tropicana Pink Lemonade	276	0	0	0	289	70	0	78	0
Sierra Mist Lemon-Lime	240	0	0	0	50	65	0	65	0
Tropicana Lemonade	275	0	0	0	165	74	0	72	0
Mt. Dew CODE RED	260	0	0	0	85	75	0	75	0
Tropicana Fruit Punch	310	0	0	0	69	78	0	78	0
Pepsi Wild Cherry	240	0	0	0	50	67	0	67	0
Splenda Sugar Free Sweet Tea	16	0	0	0	0	7	0	7	0
Luzianne Iced Tea Unsweet	0	0	0	0	80	0	0	0	0
Lipton Brisk Raspberry	248	0	0	0	138	66	0	63	0
Gatorade G2 Fruit Punch	69	0	0	0	303	19	0	19	0
Gatorade Fruit Punch	138	0	0	0	303				