



NUTRITION GUIDE

 ITEM	Serving Size	Serving Weight (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	% DAILY VALUE			
														Vitamin A	Vitamin C	Calcium	Iron
SANDWICHES & STRIPS																	
Papa Burger®	1 sandwich	282	690	350	39	14	1	145	1350	44	4	8	40	10	8	30	25
Papa Single Burger	1 sandwich	206	470	230	25	8	0.5	75	1000	38	4	7	23	8	8	20	15
Original Bacon Double Cheeseburger	1 sandwich	297	760	410	45	17	1	165	1570	45	4	8	44	10	10	30	25
Original Double Cheeseburger	1 sandwich	282	680	340	38	14	1	150	1330	44	4	7	40	10	10	30	25
Original Bacon Cheeseburger	1 sandwich	217	530	270	30	10	0.5	90	1160	39	4	7	26	8	10	20	15
Hamburger	1 sandwich	155	380	170	19	6	0.5	55	860	33	3	6	21	2	2	15	15
Cheeseburger	1 sandwich	169	420	190	21	7	0.5	70	1040	37	4	6	23	6	2	20	15
Grilled Chicken Sandwich	1 sandwich	207	400	140	15	3	0	90	820	31	4	7	35	2	10	8	10
Crispy Chicken Sandwich	1 sandwich	213	550	230	25	4.5	1.5	65	1130	52	5	6	30	2	8	10	15
Chicken Strips- 3 pieces	3 pieces	159	500	260	29	5	2	55	1050	32	2	2	28	0	0	6	15
DIPPING SAUCES																	
Ranch	1 dipping cup	28	160	150	17	2.5	0	15	240	2	0	1	0	0	0	0	0
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0	0	0	0	2
Honey Mustard	1 dipping cup	28	100	60	6	1.5	0	0	170	12	0	6	0	0	0	0	0
HOT DOGS																	
Hot Dog (plain)	1 hotdog	53	310	170	19	8	1.5	0	740	23	1	4	11	2	0	6	10
Coney (Chili) Dog	1 hotdog	88	340	180	20	9	1.5	5	900	26	2	5	14	2	0	6	15
Coney (Chili) Cheese Dog	1 hotdog	117	380	210	23	9	1.5	10	1100	28	2	5	14	2	0	8	15
SIDES																	
Small/ Kids French Fries	2.5 oz.	71	200	70	8	2	2	0	290	28	3	0	2	0	20	0	0
Regular French Fries	4 oz.	113	310	110	12	3	3.5	0	460	45	4	0	3	0	30	0	0
Large French Fries	5.5 oz.	156	430	150	17	4	4.5	0	640	61	6	1	5	0	45	0	0
Small/ Kids Corn Dog Nuggets®	5 pieces	70	180	70	8	2	0	25	520	20	1	6	5	2	0	4	4
Regular Corn Dog Nuggets®	8 pieces	112	280	120	13	3	0.5	45	830	32	2	9	9	4	0	6	6
Chili Cheese Fries	7 oz.	198	410	160	17	5	3.5	10	990	52	5	2	8	2	30	4	4
Cheese Fries	6 oz.	170	390	160	18	4.5	3.5	5	870	50	4	0	4	0	30	4	0
Regular Breaded Onion Rings	4 oz.	113	350	150	16	3.5	4.5	0	710	45	2	3	5	0	0	2	2
Large Breaded Onion Rings	5.5 oz.	156	480	250	27	7	7	5	990	62	3	4	7	0	2	4	2
Cheese Curds	5 oz.	142	570	360	40	21	1	105	1220	27	2	3	27	35	0	80	10
Extra Burger Patty	1 patty	62	170	100	12	5	0	55	170	2	0	0	15	0	0	4	10
SWEETS & TREATS																	
Polar Swirls																	
M&M's® Polar Swirl®	12 oz.	340	710	230	25	16	0.5	55	290	107	2	93	15	30	0	45	6
Oreo® Polar Swirl®	12 oz.	340	690	220	24	11	1	50	570	107	3	79	14	30	0	40	20
Reese's® Polar Swirl®	12 oz.	340	740	280	31	14	0.5	55	380	97	3	85	18	30	0	40	6
Shakes																	
Strawberry Milkshake (small)	16 oz. cup	475	670	260	29	18	1	115	180	90	0	52	11	25	0	40	6
Strawberry Milkshake (medium)	20 oz. cup	594	840	330	36	23	2	145	230	113	0	65	14	10	0	50	8
Vanilla Milkshake (small)	16 oz. cup	475	720	280	31	19	1	135	210	97	0	57	12	25	0	45	8
Vanilla Milkshake (medium)	20 oz. cup	594	900	350	39	24	2	170	260	121	0	71	15	8	0	60	10
Chocolate Milkshake (small)	16 oz. cup	475	700	260	29	18	1	125	200	100	2	60	11	30	0	30	8
Chocolate Milkshake (medium)	20 oz. cup	594	880	330	36	23	2	155	250	125	3	75	14	10	0	35	10
Soft Serve Cones																	
Vanilla Cone	5.5 oz.	157	260	60	7	4	0	25	145	41	0	29	7	15	0	20	2
Freezes																	
A&W® Root Beer Freeze (small)	16 oz. cup	454	430	80	9	5	0	35	200	79	0	37	9	6	0	25	4
A&W® Root Beer Freeze (medium)	20 oz. cup	567	530	100	11	7	0	45	260	99	0	47	11	8	0	35	4
A&W® Root Beer Freeze (large)	32 oz. cup	907	850	160	18	11	0	70	410	158	0	75	18	10	0	50	8
Sundaes																	
Strawberry Sundae	1 sundae	189	300	70	8	4	0	30	140	47	0	12	7	15	0	20	2
Chocolate Sundae	1 sundae	189	320	70	8	4	0	30	180	53	0	15	8	15	0	20	2
Hot Fudge Sundae	1 sundae	189	350	100	11	6	0	30	140	54	1	15	8	15	0	20	2
Caramel Sundae	1 sundae	189	340	80	9	4	0	35	250	57	0	13	8	20	0	20	2
Famous Floats																	
A&W® Root Beer Float (small)	16 oz. cup	411	330	45	5	3	0	40	100	70	0	57	2	8	0	8	0
A&W® Root Beer Float (medium)	20 oz. cup	468	350	45	5	3	0	40	105	77	0	64	2	8	0	8	0
A&W® Root Beer Float (large)	32 oz. cup	794	640	90	10	6	0.5	75	200	136	0	110	4	15	0	15	0
A&W® Diet Root Beer Float (small)	16 oz. cup	411	170	45	5	3	0	40	100	30	0	17	2	8	0	8	0
A&W® Diet Root Beer Float (medium)	20 oz. cup	468	170	45	5	3	0	40	105	30	0	17	2	8	0	8	0
A&W® Diet Root Beer Float (large)	32 oz. cup	794	350	90	10	6	0.5	75	200	60	0	34	4	15	0	15	0

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														Vitamin A	Vitamin C	Calcium	Iron	
ROOT BEER																		
A&W® Regular Root Beer (small)	11 fl. oz.	325	220	0	0	0	0	0	40	57	0	29	0	0	0	0	0	0
A&W® Regular Root Beer (medium)	14 fl. oz.	414	290	0	0	0	0	0	50	76	0	76	0	0	0	0	0	0
A&W® Regular Root Beer (large)	22 fl. oz.	651	460	0	0	0	0	0	85	121	0	121	0	0	0	0	0	0
A&W® Diet Root Beer (small)	11 fl. oz.	325	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0	0
A&W® Diet Root Beer (medium)	14 fl. oz.	414	0	0	0	0	0	0	50	0	0	0	0	0	0	0	0	0
A&W® Diet Root Beer (large)	22 fl. oz.	651	0	0	0	0	0	0	85	0	0	0	0	0	0	0	0	0
OTHER BEVERAGES																		
Pepsi® (small)	11 fl. oz.	325	140	0	0	0	0	0	35	39	0	37	0	0	0	0	0	0
Pepsi® (medium)	14 fl. oz.	414	180	0	0	0	0	0	45	49	0	47	0	0	0	0	0	0
Pepsi® (large)	22 fl. oz.	651	280	0	0	0	0	0	70	77	0	74	0	0	0	0	0	0
Mountain Dew® (small)	11 fl. oz.	325	150	0	0	0	0	0	50	40	0	40	0	0	0	0	0	0
Mountain Dew® (medium)	14 fl. oz.	414	190	0	0	0	0	0	60	51	0	51	0	0	0	0	0	0
Mountain Dew® (large)	22 fl. oz.	651	300	0	0	0	0	0	100	80	0	80	0	0	0	0	0	0
Sierra Mist® (small)	11 fl. oz.	325	140	0	0	0	0	0	30	37	0	37	0	0	0	0	0	0
Sierra Mist® (medium)	14 fl. oz.	414	180	0	0	0	0	0	35	47	0	47	0	0	0	0	0	0
Sierra Mist® (large)	22 fl. oz.	651	280	0	0	0	0	0	55	74	0	74	0	0	0	0	0	0
Tropicana® Fruit Punch (small)	11 fl. oz.	325	150	0	0	0	0	0	35	41	0	41	0	0	0	0	0	0
Tropicana® Fruit Punch (medium)	14 fl. oz.	414	190	0	0	0	0	0	45	53	0	53	0	0	0	0	0	0
Tropicana® Fruit Punch (large)	22 fl. oz.	651	300	0	0	0	0	0	70	83	0	83	0	0	0	0	0	0
Wild Cherry Pepsi® (small)	11 fl. oz.	325	140	0	0	0	0	0	30	39	0	39	0	0	0	0	0	0
Wild Cherry Pepsi® (medium)	14 fl. oz.	414	180	0	0	0	0	0	35	49	0	49	0	0	0	0	0	0
Wild Cherry Pepsi® (large)	22 fl. oz.	651	280	0	0	0	0	0	55	77	0	77	0	0	0	0	0	0
Lipton® Raspberry Tea (small)	11 fl. oz.	325	110	0	0	0	0	0	35	29	0	29	0	0	0	0	0	0
Lipton® Raspberry Tea (medium)	14 fl. oz.	414	140	0	0	0	0	0	45	37	0	37	0	0	0	0	0	0
Lipton® Raspberry Tea (large)	22 fl. oz.	651	220	0	0	0	0	0	70	58	0	58	0	0	0	0	0	0
Diet Pepsi® (small)	11 fl. oz.	325	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0	0
Diet Pepsi® (medium)	14 fl. oz.	414	0	0	0	0	0	0	45	0	0	0	0	0	0	0	0	0
Diet Pepsi® (large)	22 fl. oz.	651	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0	0
Diet Mountain Dew® (small)	11 fl. oz.	325	0	0	0	0	0	0	55	0	0	0	0	0	0	0	0	0
Diet Mountain Dew® (medium)	14 fl. oz.	414	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0	0
Diet Mountain Dew® (large)	22 fl. oz.	651	0	0	0	0	0	0	110	0	0	0	0	0	0	0	0	0

g = gram mg = milligram

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors. Except for limited time offerings, optional, or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication.

Data Revised: June 2009



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