



All American Food®

PROTEINS

	SERVING WEIGHT (g)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A	VITAMIN C	CALCIUM	IRON
2 Pc. Hand-Breaded Chicken Tender Club	295	564	180	20	9	0	98	1452	51	3	13	40	2	1	6	8
2 Pc. Hand-Breaded Chicken Tender Kid's Meal	210-644	280-761	72-189	8-21	2-7	0	34-54	675-1105	36-122	3-5	17-65	18-26	0-10	0-20	0-33	6-8
2 Pc. Hand-Breaded Chicken Tender Sandwich	270	475	117	13	3	0	62	1153	51	2	13	35	2	1	6	8
21 Pc. Shrimp	138	414	207	22	7	0	131	870	39	0	0	16	0	0	62	14
3 Pc. Hand-Breaded Chicken Tenders	156	260	80	9	2.5	0	125	1100	5	1	0	40	0	2	0	10
3 Pc. Chicken Strips (freezer to fryer)	159	500	260	29	5	0	55	1050	32	2	2	28	0	0	6	15
5 Pc. Chicken Tenders	260	433	135	15	4	0	208	1833	8	2	0	67	0	2	0	3
Bacon Double Cheeseburger	267	647	369	41	16	0	105	1923	42	2	11	29	2	2	7	11
Burger Patty, 1 each	58	150	106	12	5	0	39	43	0	0	0	11	0	0	0	5
Cheeseburger	144	398	189	21	7	0	45	1151	39	1	9	15	1	1	7	8
Cheeseburger, Kid's Meal	234-668	468-949	189-306	21-34	7-12	0	45-65	1156-1586	57-143	2-4	26-74	15-23	1-11	1-21	7-40	8-10
Chicken Tender, 1 Pc.	60	105	36	4	1	0	17	335	9	1	0	9	0	0	0	3
Coney Cheese Dog	117	380	207	23	9	1.5	10	1100	28	2	5	14	2	0	10	15
Coney Dog	88	340	180	20	9	1.5	5	900	26	2	5	14	2	0	6	15
Corn Dog Nuggets® Kid's Meal	160-594	245-726	77-194	9-22	2-7	.5	29-49	524-954	38-124	2-4	23-71	6-14	2-12	0-20	4-37	4-6
Corn Dog Nuggets®, 10 Pc.	140	350	153	17	4	0.5	57	1038	40	2.5	12	12	4	0	8	8
Crispy Chicken Club	254	580	279	31	9	0	64	1597	51	2	13	26	2	1	6	8
Crispy Chicken Sandwich	213	550	230	25	4.5	0	65	1130	52	5	6	30	2	8	10	15
Double Cheeseburger	158	454	234	26	11	0	69	1399	40	1	9	18	1	1	7	8
Fish Sandwich	227	574	261	29	8	0	67	756	58	1.5	9	24	7	3	6	8
Footlong Coney Cheese Dog	309	609	369	41	15	2	87	1945	35	2	9	22	11	1	8	3
Footlong Coney Dog	280	577	360	40	15	1	89	1763	30	2	9	23	0	2	9	18
Footlong Hot Dog	153	460	306	34	12	1	70	1130	21	0	4	15	0	0	51	2
Grilled Chicken Club	256	490	198	22	8	0	81	1417	40	2	8	35	4	1	6	6
Grilled Chicken Sandwich	231	401	135	15	2	0	45	1118	40	1	8	30	4	1	6	6
Hamburger	127	342	144	16	4	0	21	875	39	1	8	13	1	1	7	8
Hamburger, Kid's Meal	217-651	412-893	144-261	16-29	4-9	0	21-41	880-1310	57-143	2-4	25-73	13-21	1-11	1-21	7-40	8-10
Hot Dog	53	310	170	19	8	1.5	0	740	23	1	4	11	2	0	6	10
Hot Dog Kid's Meal	143-577	380-861	170-287	19-32	8-13	1.5	0-20	745-1175	41-127	2-4	21-69	11-19	2-12	0-20	6-39	10-12
Mushroom Onion Melt	157	422	216	24	8	0	45	1186	39	1	8	16	0	2	7	8
Mushroom Onion Melt, Double	188	536	279	31	12	0	71	1509	41	0	8	26	0	3	8	10
Original Bacon Cheeseburger	207	442	225	25	7	0	33	1111	41	2	10	16	2	2	7	8
Papa Burger®	266	550	297	33	13	0	91	1558	43	2	12	25	3	3	7	11
Papa Burger® Single	222	424	207	23	8	0	46	1040	41	2	11	16	3	3	7	8
Pork Tenderloin Sandwich	254	586	261	29	8	0	45	1168	61	3	9	22	48	2	58	7
Texas Toast Melt	191	554	324	36	12	0	57	1568	42	2	6	19	0	3	31	16

SIDES

Cheese Curds, Large	284	1140	720	80	42	0	210	2440	54	4	6	54	70	0	160	20
Cheese Curds, Regular	142	570	360	40	21	0	105	1220	27	2	3	27	35	0	80	10
Chili Cheese Fries	198	410	160	17	5	0	10	990	52	5	2	8	2	30	4	4
Coleslaw, 4 oz.	113	200	130	15	3	0	20	340	15	3	10	1	8	30	4	2
Corn Dog Nuggets®, 5 Pc.	70	175	77	9	2	0.5	29	519	20	1	6	6	2	0	4	4
Fries, Large, 5.5 oz.	156	430	150	17	4	0	0	640	61	6	1	5	0	45	0	0
Fries, Regular, 4 oz.	113	310	117	13	3	0	0	460	45	4	0	3	0	30	0	0
Fries, Small, 2.5 oz.	71	201	72	8	2	0	0	290	29	3	0	2	0	20	0	0
Mott's® Applesauce	90	70	0	0	0	0	0	5	18	1	17	0	0	20	0	0
Onion Rings	113	350	150	16	3.5	0	0	710	45	2	3	5	0	0	2	2

ALLERGENS & SENSITIVITIES GUIDE

	PEANUT	TREE NUTS	EGG	MILK / DAIRY	WHEAT	SOYBEAN	FISH	SHELLFISH	GLUTEN	MSG (Monosodium Glutamate)
BURGERS AND CHICKEN										
Papa Burger® / Papa Burger® Single			√	√	√	√			†	
Original Bacon Double Cheeseburger			√	√	√	√			†	
Crispy Chicken Sandwich	√		√	√	√	√			†	
Hand-Breaded Chicken Tender Sandwich			√	√	√	√			†	†
Grilled Chicken Sandwich			√	√	√	√			†	†
Original Bacon Cheeseburger			√	√	√	√			†	
Cheeseburger			√	√	√	√			†	
Hand-Breaded Chicken Tenders			√	√	√	√			†	†
Breaded Chicken Strips			√	√	√	√			†	
Hamburger			√	√	√	√			†	
Double Cheeseburger			√	√	√	√			†	
Mushroom Onion Melt			√	√	√	√			†	
Texas Toast Melt			√	√	√	√			†	
Pork Tenderloin			√	√	√	√			†	
HOT DOGS										
Coney Cheese Dog			√	√	√	√			†	
Hot Dog			√	√	√	√			†	
Coney Dog			√	√	√	√			†	
Footlong Coney Dog			√	√	√	√			†	
FISH AND SHRIMP										
Fish Sandwich			√	√	√	√	√		†	
Crunchy Shrimp				√	√	√		√	†	
SIDES										
French Fries			√	√	√	√			†	
Cheese Fries			√	√	√	√			†	
Chili Cheese Fries			√	√	√	√			†	
Onion Rings			√	√	√	√			†	
Cheese Curds			√	√	√	√			†	
Cole Slaw			√	√	√	√			†	
Corn Dog Nuggets®			√	√	√	√			†	
Mott's® Apple Sauce										
DIPPING SAUCES										
Ranch Sauce			√	√						†
Honey Mustard			√							
Spicy Papa Sauce			√			√				
BBQ Sauce										
SWEETS & TREATS										
A&W® Root Beer Float			√							
Diet A&W® Root Beer Float			√							
Orange Float			√							
A&W® Root Beer Freeze	•		√							
Diet A&W® Root Beer Freeze	•		√							
Orange Freeze	•		√							
Shake, Strawberry	•		√							
Shake, Chocolate	•		√							
Shake, Vanilla	•		√							
Cone, Vanilla			√	√	√				†	
Sundae, Hot Fudge			√	√	√					
Sundae, Hot Caramel			√							
Sundae, Chocolate			√							
Sundae, Strawberry			√							
Polar Swirl® M&M	•	•	√			√				
Polar Swirl® Cookie Dough	•	•	√	√	√				†	
Polar Swirl® Reese's Cup	√		√	√	√					
Polar Swirl® Oreo	•		√	√	√				†	
Smoothie, Pineapple Banana	•		√							
Smoothie, Strawberry Banana	•		√							
Smoothie, Strawberry	•		√							
Blendrrr, Reese's Peanut Butter Fudge	√		√			√				
Blendrrr, Chocolate Fudge	•		√			√				
Blendrrr, Oreo Cookies & Cream	•		√	√	√				†	
Limeade										
Slushee										
ROOT BEER										
A&W® Root Beer										•
A&W® Diet Root Beer										•

† = contains ingredient that may cause sensitivity
 √ = contains allergen
 • = products are prepared in common equipment and therefore may contain allergen

A&W is not a gluten free environment; cross-contamination with gluten product may occur.

This list was developed for those looking for an elective gluten free option. It is not intended for customers with gluten allergies or Celiac disease.</