

| Food Item                              | Serving   | Weight (g) | Calories | Carbs (g) | Fiber (g) | Protein (g) | Fat (g) | % Cals from Fat | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) |
|----------------------------------------|-----------|------------|----------|-----------|-----------|-------------|---------|-----------------|-------------------|---------------|------------------|-------------|
| <b>Breakfast</b>                       |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| Sourdough Breakfast Sandwich           | 1 serving | 193        | 460      | 39        | 2         | 28          | 21      | 44              | 9                 | NA            | 280              | 1050        |
| Sunrise Croissant™ Sandwich            | 1 serving | 172        | 560      | 27        | 1         | 20          | 41      | 66              | 15                | NA            | 290              | 970         |
| Bacon and Egg Burrito                  | 1 serving | 208        | 570      | 37        | 1         | 30          | 33      | 52              | 11                | NA            | 515              | 990         |
| Loaded Breakfast Burrito               | 1 serving | 328        | 820      | 52        | 2         | 38          | 51      | 56              | 16                | NA            | 595              | 1530        |
| Steak and Egg Burrito                  | 1 serving | 319        | 600      | 44        | 2         | 37          | 32      | 48              | 13                | NA            | 495              | 1670        |
| Breakfast Burger™                      | 1 serving | 309        | 830      | 65        | 3         | 37          | 47      | 51              | 15                | NA            | 275              | 1580        |
| French Toast Dips® (without syrup)     | 1 serving | 129        | 430      | 58        | 1         | 9           | 18      | 49              | 2.5               | NA            | 0                | 530         |
| Hash Brown Nuggets                     | 1 serving | 108        | 330      | 32        | 3         | 3           | 21      | 57              | 4.5               | NA            | 0                | 460         |
| <b>Charbroiled Burgers</b>             |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| The Original Six Dollar Burger™        | 1 each    | 430        | 1010     | 60        | 3         | 40          | 68      | 61              | 27                | NA            | 150              | 1980        |
| The Western Bacon Six Dollar Burger™   | 1 each    | 331        | 1140     | 84        | 4         | 47          | 67      | 53              | 28                | NA            | 150              | 2680        |
| The Bacon Cheese Six Dollar Burger™    | 1 each    | 409        | 1070     | 50        | 3         | 46          | 76      | 64              | 30                | NA            | 170              | 1010        |
| The Guacamole Bacon Six Dollar Burger™ | 1 each    | 447        | 1140     | 54        | 6         | 43          | 85      | 67              | 29                | NA            | 160              | 2010        |
| The Double Six Dollar Burger™          | 1 each    | 602        | 1520     | 60        | 3         | 69          | 111     | 66              | 47                | NA            | 265              | 2760        |
| The Low Carb Six Dollar Burger™        | 1 each    | 267        | 490      | 6         | 2         | 33          | 37      | 68              | 16                | NA            | 130              | 1290        |
| Carl's Famous Star® with Cheese        | 1 each    | 278        | 660      | 53        | 3         | 27          | 39      | 49              | 12                | NA            | 85               | 1260        |
| Super Star® with Cheese                | 1 each    | 385        | 930      | 54        | 3         | 47          | 59      | 57              | 21                | NA            | 160              | 1600        |
| Sourdough Bacon Cheeseburger           | 1 each    | 224        | 680      | 43        | 2         | 31          | 43      | 58              | 13                | NA            | 93               | 740         |
| Western Bacon Cheeseburger®            | 1 each    | 216        | 710      | 71        | 3         | 32          | 33      | 41              | 12                | NA            | 85               | 1570        |
| Double Western Bacon Cheeseburger®     | 1 each    | 323        | 970      | 71        | 3         | 52          | 53      | 49              | 21                | NA            | 155              | 1910        |
| Jalapeno Burger™                       | 1 each    | 283        | 710      | 49        | 3         | 27          | 45      | 57              | 8                 | NA            | 90               | 1270        |
| Big Hamburger                          | 1 each    | 209        | 470      | 54        | 3         | 24          | 17      | 33              | 6                 | NA            | 60               | 1060        |
| Kid's Hamburger                        | 1 each    | 195        | 460      | 53        | 2         | 24          | 17      | 33              | 6                 | NA            | 58               | 1056        |
| <b>Chicken and Other Choices</b>       |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| Charbroiled BBQ Chicken™ Sandwich      | 1 each    | 239        | 360      | 48        | 4         | 34          | 4       | 11              | 1                 | NA            | 62               | 1154        |
| Charbroiled BBQ Chicken Club™ Sandwich | 1 each    | 264        | 550      | 43        | 4         | 40          | 25      | 44              | 7                 | NA            | 95               | 1410        |
| Charbroiled Santa Fe Chicken™ Sandwich | 1 each    | 264        | 610      | 43        | 4         | 37          | 32      | 52              | 8                 | NA            | 100              | 1540        |

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|--------------------------------------------|-----------|------------|----------|-----------|-----------|-------------|---------|-----------------|-------------------|---------------|------------------|-------------|
| <b>Chicken and Other Choices</b>           |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| Carl's Bacon Swiss Crispy Chicken Sandwich | 1 each    | 318        | 720      | 64        | 3         | 35          | 35      | 45              | 8                 | NA            | 85               | 1750        |
| Spicy Chicken Sandwich                     | 1 each    | 213        | 560      | 59        | 2         | 15          | 30      | 45              | 6                 | NA            | 40               | 1480        |
| Chicken Breast Strips                      | 3 pieces  | 129        | 420      | 28        | 1         | 23          | 25      | 54              | 3.5               | NA            | 50               | 1210        |
| Chicken Breast Strips                      | 5 pieces  | 251        | 710      | 46        | 2         | 38          | 41      | 52              | 6                 | NA            | 80               | 2020        |
| Carl's Catch™ Fish Sandwich                | 1 each    | 291        | 660      | 75        | 3         | 22          | 31      | 48              | 5                 | NA            | 30               | 1290        |
| <b>Sides</b>                               |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| French Fries                               | Kids      | 79         | 250      | 32        | 3         | 4           | 12      | 43              | 2.5               | NA            | 0                | 150         |
| French Fries                               | Small     | 92         | 290      | 37        | 3         | 5           | 14      | 43              | 3                 | NA            | 0                | 180         |
| French Fries                               | Med.      | 147        | 460      | 59        | 5         | 7           | 22      | 43              | 4.5               | NA            | 0                | 280         |
| French Fries                               | Large     | 198        | 620      | 80        | 7         | 10          | 29      | 43              | 6                 | NA            | 0                | 380         |
| Onion Rings                                | 1 serving | 128        | 460      | 56        | 3         | 7           | 23      | 46              | 3.5               | NA            | 0                | 890         |
| Fried Zucchini                             | 1 serving | 139        | 320      | 31        | 0         | 6           | 19      | 53              | 5                 | NA            | 0                | 850         |
| Fish & Chips                               | 1 serving | 258        | 630      | 68        | 3         | 26          | 28      | 40              | 5                 | NA            | 10               | 990         |
| CrissCut Fries®                            | 1 serving | 139        | 400      | 43        | 4         | 5           | 24      | 53              | 5                 | NA            | 0                | 950         |
| Chicken Stars                              | 4 pieces  | 57         | 170      | 10        | 1         | 9           | 11      | 58              | 3                 | NA            | 24               | 310         |
| Chicken Stars                              | 6 pieces  | 85         | 250      | 14        | 1         | 13          | 16      | 56              | 4                 | NA            | 36               | 470         |
| Chicken Stars                              | 9 pieces  | 127        | 380      | 22        | 1         | 20          | 24      | 57              | 6                 | NA            | 55               | 710         |
| <b>Salads</b>                              |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| Charbroiled Chicken Salad                  | 1 serving | 417        | 260      | 16        | 5         | 34          | 7       | 32              | 3.5               | NA            | 75               | 710         |
| Side Salad                                 | 1 serving | 139        | 50       | 5         | 2         | 3           | 3       | 18              | 1.5               | NA            | 5                | 60          |
| Green Burrito® Taco Salad                  | 1 serving | 587        | 940      | 74        | 16        | 40          | 57      | 55              | 18                | NA            | 85               | 2010        |
| <b>Salad Dressings (2oz pack)</b>          |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| House Dressing                             | 1 serving | 57         | 220      | 2         | 0         | 0           | 22      | 90              | 3.5               | NA            | 20               | 440         |
| Blue Cheese Dressing                       | 1 serving | 57         | 320      | 1         | 0         | 2           | 34      | 100             | 7                 | NA            | 20               | 410         |
| 1000 Island Dressing                       | 1 serving | 57         | 250      | 7         | 0         | 0           | 23      | 90              | 3.5               | NA            | 20               | 480         |
| <b>Desserts</b>                            |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| Chocolate Chip Cookie                      | 1 serving | 71         | 350      | 46        | 1         | 3           | 18      | 46              | 7                 | NA            | 20               | 330         |
| Chocolate Cake                             | 1 serving | 85         | 300      | 48        | 1         | 3           | 12      | 36              | 3                 | NA            | 30               | 350         |
| Strawberry Swirl Cheesecake                | 1 serving | 99         | 290      | 30        | 0         | 6           | 17      | 53              | 9                 | NA            | 55               | 230         |
| <b>Beverages</b>                           |           |            |          |           |           |             |         |                 |                   |               |                  |             |
| Vanilla Shake                              | Regular   | 397        | 710      | 86        | 0         | 14          | 33      | 42              | 23                | NA            | 100              | 230         |
| Chocolate Shake                            | Regular   | 397        | 710      | 85        | 1         | 14          | 33      | 42              | 23                | NA            | 100              | 290         |
| Strawberry Shake                           | Regular   | 397        | 700      | 84        | 0         | 14          | 33      | 42              | 23                | NA            | 100              | 240         |
| Oreo® Cookie Shake                         | Regular   | 397        | 720      | 79        | 1         | 16          | 37      | 46              | 24                | NA            | 100              | 350         |
| Vanilla Malt                               | Regular   | 414        | 780      | 99        | 0         | 17          | 35      | 40              | 24                | NA            | 105              | 300         |
| Chocolate Malt                             | Regular   | 414        | 780      | 98        | 1         | 17          | 35      | 40              | 24                | NA            | 105              | 360         |
| Strawberry Malt                            | Regular   | 414        | 770      | 97        | 0         | 17          | 35      | 40              | 24                | NA            | 105              | 490         |
| Oreo® Cookie Malt                          | Regular   | 414        | 790      | 91        | 1         | 18          | 39      | 44              | 25                | NA            | 105              | 420         |

\*Information on Trans Fat is not available