

NUTRITIONAL ANALYSIS

Item	Serving Weight (gms)	Calories	Calories from Fat	Total Fat (gms)	% Daily Value **	Saturated Fat (gms)	% Daily Value **	Trans Fat (gms)	Cholesterol (mgs)	% Daily Value **	Sodium (mgs)	% Daily Value **	Carbohydrates (gms)	% Daily Value **	Dietary Fiber (gms)	% Daily Value **	Sugars (gms)	Protein (gms)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
SANDWICHES & STRIPS																						
Papa Burger	288	720	380	42	65	15	75	4	145	48	1390	58	46	15	2	8	10	41	20	10	30	25
Original Bacon Double Cheeseburger	303	800	430	48	74	17	85	4	165	55	1610	67	47	16	2	8	10	45	20	10	30	25
Original Double Cheeseburger	288	720	370	42	65	15	75	4	150	50	1370	57	46	15	2	8	10	41	20	10	30	25
Original Bacon Cheeseburger	223	570	300	33	51	10	50	3.5	90	30	1200	50	41	14	2	8	9	27	15	10	20	15
Kids Hamburger	161	420	190	22	34	7	35	3.5	55	18	900	38	35	12	2	8	8	21	2	2	15	15
Kids Cheeseburger	175	460	210	24	37	8	40	3.5	70	23	1080	45	39	13	2	8	9	23	6	2	20	15
Grilled Chicken Sandwich	213	440	170	19	29	3.5	18	3	90	30	860	36	34	11	2	8	9	36	10	10	8	10
Crispy Chicken Sandwich	219	590	260	29	45	4.5	23	4.5	65	22	1170	49	54	18	3	12	8	31	10	10	10	15
Chicken Strips (3 pieces)	159	500	260	29	45	5	24	2	55	18	1050	44	32	11	2	7	2	28	0	0	6	15
DIPPING SAUCES																						
Ranch	28	160	150	17	25	2.5	13	0	15	5	240	10	2	1	0	0	1	0	0	0	0	0
BBQ	28	40	0	0	0	0	0	0	0	230	10	10	3	0	0	0	6	0	0	0	0	2
Honey Mustard	28	100	60	6	10	1.5	7	0	0	170	7	12	4	0	0	0	6	0	0	0	0	0
Sweet & Sour	28	45	0	0	0	0	0	0	0	120	5	12	4	0	0	0	7	0	0	2	0	0
HOT DOGS																						
Hot Dog (plain)	90	280	150	17	26	6	32	1	35	12	710	30	22	7	1	5	4	11	2	0	4	8
Coney (Chili) Dog	126	310	160	18	28	7	35	1	40	14	870	36	24	8	2	7	5	13	4	2	6	10
Coney (Chili) Cheese Dog	154	350	190	21	32	8	39	1	45	14	1070	45	27	9	2	7	5	13	4	2	8	10
Cheese Dog	126	320	180	20	30	7	37	1	40	13	910	38	25	8	1	5	4	11	2	2	6	8
SIDES																						
Kids Fries	113	310	120	13	20	3.5	17	4	0	0	460	19	45	15	4	16	0	3	0	30	0	0
Large Fries	156	430	160	18	28	4.5	23	5.5	0	0	640	27	61	20	6	22	1	5	0	45	0	0
Chili Fries	170	370	140	16	24	4.5	22	4	10	3	780	33	49	16	5	20	2	8	8	30	2	4
Cheese Fries	170	380	170	19	29	5	26	4	5	2	870	36	50	17	4	16	0	4	0	30	4	0
Chili Cheese Fries	198	400	170	19	29	5	27	4	10	4	990	41	51	17	5	20	2	8	8	30	4	4
Onion Rings	113	350	150	16	25	3.5	18	4.5	0	0	710	30	45	15	2	8	3	5	0	0	2	2
Cheese Curds	142	570	360	40	61	21	105	1	105	35	1220	51	27	9	2	7	3	27	35	0	80	10
Chili Bowl	225	190	50	6	9	2	10	0	20	7	640	27	22	7	5	19	9	12	30	2	8	15
SWEETS & TREATS																						
M&M Polar Swirl (medium)	340	710	230	25	38	16	80	0.5	55	18	290	12	107	36	2	8	93	15	30	0	45	6
Oreo Polar Swirl (medium)	340	690	220	24	37	11	55	1	50	17	570	24	107	36	3	12	79	14	30	0	40	20
Reese's Polar Swirl (medium)	340	740	280	31	48	14	70	0.5	55	18	380	16	97	32	3	12	85	18	30	0	40	6
Strawberry Milkshake (medium)	475	670	260	29	45	18	90	1	115	38	180	8	90	30	0	0	52	11	25	0	40	6
Vanilla Milkshake (medium)	475	720	280	31	48	19	95	1	135	45	210	9	97	32	0	0	57	12	25	0	45	8
Chocolate Milkshake (medium)	475	700	260	29	45	18	90	1	125	42	200	8	100	33	2	8	60	11	30	0	30	8
Vanilla Cone (medium)	157	260	60	7	11	4	20	0	25	8	145	6	41	14	0	0	29	7	15	0	20	2
A&W Root Beer Freeze (medium)	510	480	90	10	15	6	30	0.5	40	13	230	10	89	30	0	0	42	10	25	0	30	4
Strawberry Sundae (medium)	189	300	70	8	12	4	20	0	30	10	140	6	47	16	0	0	12	7	15	0	20	2
Vanilla Sundae (medium)	189	310	70	8	12	4	20	0	30	10	140	6	52	17	0	0	18	7	15	0	20	2
Chocolate Sundae (medium)	189	320	70	8	12	4	20	0	30	10	180	8	53	18	0	0	15	8	15	0	20	2
Hot Fudge Sundae (medium)	189	350	100	11	17	6	21	0	30	10	140	6	54	18	1	4	15	8	15	0	20	2
Caramel Sundae (medium)	189	340	80	9	14	4	20	0	35	12	250	10	57	19	0	0	13	8	20	0	20	2
ROOT BEER																						
A&W Regular Root Beer (small)	15 fl.oz.	220	0	0	0	0	0	0	0	0	40	2	57	19	0	0	29	0	0	0	0	0
A&W Regular Root Beer (medium)	20 fl.oz.	290	0	0	0	0	0	0	0	0	50	2	76	25	0	0	76	0	0	0	0	0
A&W Regular Root Beer (large)	32 fl.oz.	460	0	0	0	0	0	0	0	0	85	3	121	40	0	0	121	0	0	0	0	0
A&W Diet Root Beer (small)	15 fl.oz.	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0	0	0	0	0
A&W Diet Root Beer (medium)	20 fl.oz.	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	0	0	0
A&W Diet Root Beer (large)	32 fl.oz.	0	0	0	0	0	0	0	0	0	85	3	0	0	0	0	0	0	0	0	0	0
ROOT BEER FLOATS																						
A&W Root Beer Float (small)	411	330	45	5	8	3	15	0	40	13	100	4	70	23	0	0	57	2	8	0	8	0
A&W Root Beer Float (medium)	468	350	45	5	8	3	15	0	40	13	105	4	77	26	0	0	64	2	8	0	8	0
A&W Root Beer Float (large)	794	640	90	10	15	6	30	0.5	75	25	200	8	136	45	0	0	110	4	15	0	15	0
A&W Diet Root Beer Float (small)	411	170	45	5	8	3	15	0	40	13	100	4	30	10	0	0	17	2	8	0	8	0
A&W Diet Root Beer Float (medium)	468	170	45	5	8	3	15	0	40	13	105	4	30	10	0	0	17	2	8	0	8	0
A&W Diet Root Beer Float (large)	794	350	90	10	15	6	30	0.5	75	25	200	8	60	20	0	0	34	4	15	0	15	0
OTHER BEVERAGES																						
Cola (small)	11 fl.oz.	145	0	0	0	0	0	0	0	0	23	1	37	12	0	0	37	0	0	0	0	0
Cola (medium)	15 fl.oz.	195	0	0	0	0	0	0	0	0	28	2	51	17	0	0	51	0	0	0	0	0
Cola (large)	22 fl.oz.	290	0	0	0	0	0	0	0	0	43	3	74	25	0	0	74	0	0	0	0	0
Diet Cola (small)	11 fl.oz.	0	0	0	0	0	0	0	0	0	25	2	0	0	0	0	0	0	0	0	0	0
Diet Cola (medium)	15 fl.oz.	0	0	0	0	0	0	0	0	0	33	2	0	0	0	0	0	0	0	0	0	0
Diet Cola (large)	22 fl.oz.	0	0	0	0	0	0	0	0	0	50	3	0	0	0	0	0	0	0	0	0	0

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

g = gram mg = milligram

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 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.

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