

White Castle

Menu Item	Serv	Spts	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
1 container	14g	2	1	1	40	0	0	0	0	10	7
1% Low-fat Milk (may vary by location)	8oz	4	3	2	110	2.5	1.5	0	8	13	12
Add: American Cheese slice	8g	1	1	1	30	2	2	0	2	0	0
Add: Bacon (1 strip)	7g	2	2	2	60	5	2	0	3	0	0
Add: Bacon topping	9g	1	1	1	40	2.5	1	0	1	0	0
Add: Hamburger Sauce (1 1/2 tsp)	7g	0	0	0	0	0	0	0	0	0	0
Add: Jalapeno Cheese slice	8g	1	1	1	20	3	2	0	1	1	0
Add: Mustard (1 tsp)	5g	0	0	0	0	0	0	0	0	0	0
Add: Spicy Hamburger Sauce (1 1/2 tsp)	7g	0	0	0	0	0	0	0	0	1	0
Apocalyptic Breakfast Slider on Bun	120g	11	9	8	320	22	8	1	16	14	2
Apocalyptic Breakfast Toast Sandwich	151g	13	11	10	400	23	8	2	18	30	4
Apocalyptic Waffle Slider	145g	18	12	12	460	31	13	0	16	28	14
Apple Butter Turkey Slider	98g	7	5	5	230	8	1.5	1	12	21	7
Bacon Cheese Slider	67g	8	6	5	220	14	6	1	11	13	2
Bacon Cheese Slider - New York & New Jersey only	71g	8	6	5	220	14	6	1	11	15	3
Bacon Jalapeno Cheese Slider	67g	7	6	5	210	14	6	1	11	14	2
Bacon Jalapeno Cheese Slider - New York & New	71g	8	6	5	220	14	6	1	11	15	3
Barq's Red Cream Soda, kid's	10oz	7	3	2	110	0	0	0	0	29	29
Barq's Red Cream Soda, large	40oz	28	13	9	440	0	0	0	0	118	118
Barq's Red Cream Soda, medium	30oz	20	9	6	320	0	0	0	0	87	87
Barq's Red Cream Soda, small	21oz	15	7	5	240	0	0	0	0	66	66
Barq's Root Beer, kid's	10oz	6	3	2	100	0	0	0	0	28	28
Barq's Root Beer, large	40oz	26	12	8	420	0	0	0	0	114	114
Barq's Root Beer, medium	30oz	20	9	6	310	0	0	0	0	85	85
Barq's Root Beer, small	21oz	15	7	5	240	0	0	0	0	64	64
BBQ Sauce - 1 Packet	9g	1	0	0	10	0	0	0	0	3	2
BBQ Sauce -1 Container	28g	2	1	1	35	0.5	0	0	0	8	8
Big Red, kid's	10oz	6	3	2	90	0	0	0	0	23	23
Big Red, large	40oz	23	10	8	380	0	0	0	0	95	95
Big Red, medium	30oz	17	8	6	280	0	0	0	0	71	71
Big Red, small	21oz	13	6	4	210	0	0	0	0	53	53
Bistro Turkey Slider	98g	9	7	7	290	17	3	1	13	14	2
Breakfast slider w/ Bacon, Egg, Cheese	84g	7	6	5	210	12	5	1	12	13	2
Breakfast slider w/ Bologna, Cheese	61g	8	6	6	240	15	6	1	10	14	3
Breakfast slider w/ Bologna, Egg	97g	9	7	7	280	17	5.5	1	14	14	3
Breakfast slider w/ Bologna, Egg, Cheese	105g	10	8	8	310	19	7	1	15	15	3
Breakfast slider w/ Egg, Cheese	77g	5	4	4	160	7	3	1	9	13	2
Breakfast slider w/ Hamburger, Egg	94g	6	5	5	190	11	4	1	12	12	2
Breakfast slider w/ Hamburger, Egg, Cheese	102g	7	6	5	220	13	5.5	1	13	13	2
Breakfast slider w/ Sausage, Egg, Cheese	114g	10	8	8	310	22	8	1	15	13	2
Breakfast toast sandwich w/Bacon, Egg, Cheese	122g	11	9	8	340	19	7	2	17	29	4
Breakfast toast sandwich w/Bologna, Cheese	92g	11	8	7	320	16	6	2	11	30	5
Breakfast toast sandwich w/Bologna, Egg	128g	11	9	8	350	18	5	2	16	30	5
Breakfast toast sandwich w/Bologna, Egg, Cheese	136g	12	10	9	380	21	7	2	17	31	5
Breakfast toast sandwich w/Egg, Cheese	108g	7	6	5	230	9	3	2	11	29	4
Breakfast toast sandwich w/Sausage, Egg, Cheese	145g	13	10	9	380	23	8	2	16	29	4
Butter	5g	2	1	1	30	3.5	2.5	0	0	0	0
Cheese Fries, Small	199g	13	11	10	400	27	5	3	4	35	2
Cheese Sauce	43g	1	1	1	40	3.5	0.5	0	1	1	1
Cheese Slider	63g	5	4	4	160	9	4	1	8	14	2
Cheese Slider - New York & New Jersey only	67g	6	5	4	170	9	4	1	8	15	3
Cherry Coca-Cola, kid's	10oz	6	3	2	100	0	0	0	0	26	26
Cherry Coca-Cola, large	40oz	25	12	8	400	0	0	0	0	107	107
Cherry Coca-Cola, medium	30oz	18	9	6	290	0	0	0	0	79	79
Cherry Coca-Cola, small	21oz	14	7	4	220	0	0	0	0	60	60
Chicken & Waffles w/Breaded Chicken Breast	140g	18	13	12	480	33	9	0	9	36	14

White Castle

Chicken & Waffles w/Grilled Chicken Breast	130g	13	9	8	340	18	7	1	14	30	15
Chicken Breast Slider	110g	13	10	10	390	28	6	1	13	20	2
Chicken Ring Slider	92g	13	10	10	380	30	7	1	10	16	2
Chicken Rings, 20 Rings (serves 3)	478g	57	50	48	1760	158	31	2	58	41	1
Chicken Rings, 6 Rings	143g	17	15	15	530	47	9	0	18	12	0
Chicken Rings, 9 Rings	215g	25	22	22	790	71	14	1	26	18	0
Chicken Supreme Slider - Detroit & Cincinnati regions	115g	14	11	11	420	31	7	1	14	20	2
Chocolate Covered Donuts	35g	8	5	4	160	9	6	1	2	21	12
Chocolate Shake, kids	10oz	13	7	5	260	4.5	2.5	1	6	51	43
Chocolate Shake, large	40oz	54	28	22	1050	19	11	5	22	202	172
Chocolate Shake, medium	30oz	40	21	16	780	14	8	3	16	152	129
Chocolate Shake, small	21oz	28	15	11	550	10	5.5	2	12	106	90
Cinnamon Donuts	35g	7	5	3	150	8	4	1	2	22	10
Clam Strips, Medium	256g	13	11	11	410	34	5.5	0	16	9	2
Clam Strips, Sack (serves 3)	384g	19	17	17	620	51	8	0	24	14	3
Clam Strips, Small	128g	6	6	6	210	17	2.5	0	8	5	1
Coca-Cola Classic, kid's	10oz	6	3	2	90	0	0	0	0	25	25
Coca-Cola Classic, large	40oz	24	11	8	380	0	0	0	0	103	103
Coca-Cola Classic, medium	30oz	18	8	6	280	0	0	0	0	76	76
Coca-Cola Classic, small	21oz	13	6	4	210	0	0	0	0	57	57
Crave Cooler Coke, kid's	10oz	3	1	1	40	0	0	0	0	12	12
Crave Cooler Coke, large	40oz	12	6	4	190	0	0	0	0	51	51
Crave Cooler Coke, medium	30oz	9	4	3	140	0	0	0	0	39	39
Crave Cooler Coke, small	21oz	7	3	2	110	0	0	0	0	29	29
Crave Cooler Fanta Wild Cherry, kid's	10oz	3	1	1	40	0	0	0	0	12	12
Crave Cooler Fanta Wild Cherry, large	40oz	12	6	4	190	0	0	0	0	51	51
Crave Cooler Fanta Wild Cherry, medium	30oz	9	4	3	140	0	0	0	0	39	39
Crave Cooler Fanta Wild Cherry, small	21oz	7	3	2	110	0	0	0	0	29	29
Cream Cheese	28g	5	3	3	100	10	6	0	2	0	0
Double Bacon Cheese Slider	121g	14	11	10	400	27	12	1	21	21	2
Double Bacon Cheese Slider - New York & New Jersey	130g	14	11	10	410	27	12	1	21	23	5
Double Bacon Jalapeno Cheese Slider	121g	13	11	10	390	27	12	1	21	21	2
Double Bacon Jalapeno Cheese Slider - New York &	130g	14	11	10	400	27	12	1	21	23	5
Double Cheese Slider	113g	10	8	7	300	17	8	1	15	20	3
Double Cheese Slider - New York & New Jersey only	122g	10	8	7	300	17	8	1	15	24	5
Double Fish Slider w/ Cheese	164g	20	17	16	610	48	10	1	19	25	2
Double Jalapeno Cheese Slider	107g	10	8	7	280	17	8	1	15	21	2
Double Jalapeno Cheese Slider - New York & New	116g	10	8	7	290	17	8	1	15	23	5
Double Original Slider®	98g	8	6	6	240	12	5	1	12	21	2
Double Original Slider® - New York & New Jersey only	107g	8	7	6	250	12	5	1	12	23	4
Dusseldorf Turkey Slider	98g	6	5	5	210	9	1.5	1	13	14	2
Fanta Grape Soda, kid's	10oz	7	3	2	110	0	0	0	0	31	31
Fanta Grape Soda, large	40oz	29	14	9	460	0	0	0	0	126	126
Fanta Grape Soda, medium	30oz	22	10	7	340	0	0	0	0	93	93
Fanta Grape Soda, small	21oz	16	8	5	260	0	0	0	0	70	70
Fanta Orange Soda, kid's	10oz	7	4	2	100	0	0	0	0	33	33
Fanta Orange Soda, large	40oz	29	14	8	420	0	0	0	0	133	133
Fanta Orange Soda, medium	30oz	21	11	6	310	0	0	0	0	99	99
Fanta Orange Soda, small	21oz	16	8	5	240	0	0	0	0	74	74
Fanta Strawberry Soda, kid's	10oz	7	3	2	110	0	0	0	0	31	31
Fanta Strawberry Soda, large	40oz	29	14	9	460	0	0	0	0	126	126
Fanta Strawberry Soda, medium	30oz	22	10	7	340	0	0	0	0	93	93
Fanta Strawberry Soda, small	21oz	16	8	5	260	0	0	0	0	70	70
Fat Free Honey Mustard Sauce - 1 Container	28g	2	1	1	50	0	0	0	0	13	7
Fat Free Honey Mustard Sauce - 1 Packet	12g	1	1	0	20	0	0	0	0	5	3
Fat-free Chocolate Milk (may vary by location)	8oz	6	3	3	130	0	0	0	8	22	22
Fish Nibblers, Medium	262g	17	16	14	590	29	5	2	30	51	2
Fish Nibblers, Sack (serves 3)	483g	31	29	26	1100	53	10	3	55	95	3

White Castle

Fish Nibblers, Small	141g	9	9	8	320	16	3	1	16	28	1
Fish Slider	95g	11	9	9	340	24	5	1	11	18	2
French Fries, Medium	266g	20	16	14	600	39	7	6	6	57	3
French Fries, My Size	111g	8	7	6	250	16	3	2	2	24	1
French Fries, Sack (serves 3)	353g	26	21	19	770	49	9	8	8	76	4
French Fries, Small	148g	11	9	8	330	21	4	3	3	32	2
French Onion Cheese Slider (limited time offering)	61g	6	5	4	170	9	4.5	1	9	14	1
French Toast Sticks (4pc)	122g	16	12	11	460	31	5	2	5	39	10
Fried Green Beans, Loaded	221g	17	14	13	510	37	5.5	3	4	40	2
Fried Green Beans, Medium	251g	23	19	17	680	52	9	5	5	48	3
Fried Green Beans, Sack	314g	29	23	22	850	65	11	6	6	60	3
Fried Green Beans, Small	134g	12	10	9	360	28	4.5	3	3	26	1
Fudge Dipped Brownie on a Stick	57g	12	7	6	250	12	7	1	2	33	26
Fudge Dipped Cheesecake On A Stick	51g	8	5	4	180	10	7	1	3	21	10
Fully Loaded Fries, Small	163g	16	12	12	460	38	8	2	4	20	3
Ghost Pepper Cheese Slider - Limited Time Offering	61g	6	5	4	170	9	4.5	1	9	14	1
Gold Peak Iced Tea , Black Sweetened, kid's	10oz	5	2	1	70	0	0	0	0	20	20
Gold Peak Iced Tea , Black Sweetened, large	40oz	18	9	6	290	0	0	0	0	80	80
Gold Peak Iced Tea , Black Sweetened, medium	30oz	14	6	4	220	0	0	0	0	59	59
Gold Peak Iced Tea , Black Sweetened, small	21oz	10	5	3	160	0	0	0	0	45	45
Gold Peak Iced Tea , Southern Style, kid's	10oz	6	3	2	90	0	0	0	0	25	25
Gold Peak Iced Tea , Southern Style, large	40oz	23	11	7	370	0	0	0	0	103	99
Gold Peak Iced Tea , Southern Style, medium	30oz	17	8	5	270	0	0	0	0	76	73
Gold Peak Iced Tea , Southern Style, small	21oz	13	6	4	210	0	0	0	0	57	55
Gold Peak Iced Tea , White Citrus, kid's	10oz	5	2	2	80	0	0	0	0	21	21
Gold Peak Iced Tea , White Citrus, large	40oz	20	9	6	320	0	0	0	0	84	84
Gold Peak Iced Tea , White Citrus, medium	30oz	15	7	5	240	0	0	0	0	62	62
Gold Peak Iced Tea , White Citrus, small	21oz	11	5	4	180	0	0	0	0	47	47
Goopy Butter Cake On A Stick	57g	10	6	5	220	10	4.5	1	3	32	23
half & half	0.4oz	0	0	0	15	1.5	0	0	0	0	0
Hash Round Nibblers, Medium	198g	20	16	15	600	46	7	4	4	42	0
Hash Round Nibblers, Sack	476g	48	39	37	1440	110	17	10	10	101	0
Hash Round Nibblers, Small	119g	12	10	9	360	28	4	2	2	25	0
Hi-C Flashing Fruit Punch, kid's	10oz	6	3	2	100	0	0	0	0	26	26
Hi-C Flashing Fruit Punch, large	40oz	25	12	8	400	0	0	0	0	107	107
Hi-C Flashing Fruit Punch, medium	30oz	18	9	6	290	0	0	0	0	79	79
Hi-C Flashing Fruit Punch, small	21oz	14	7	4	220	0	0	0	0	60	60
Hi-C Orange Lavaburst, kid's	10oz	6	3	2	100	0	0	0	0	28	28
Hi-C Orange Lavaburst, large	40oz	26	12	8	420	0	0	0	0	114	114
Hi-C Orange Lavaburst, medium	30oz	20	9	6	310	0	0	0	0	85	85
Hi-C Orange Lavaburst, small	21oz	15	7	5	240	0	0	0	0	64	64
Hi-C Poppin' Pink Lemonade, kid's	10oz	6	3	2	90	0	0	0	0	23	23
Hi-C Poppin' Pink Lemonade, large	40oz	22	10	7	370	0	0	0	0	91	91
Hi-C Poppin' Pink Lemonade, medium	30oz	16	7	5	270	0	0	0	0	68	68
Hi-C Poppin' Pink Lemonade, small	21oz	12	6	4	200	0	0	0	0	51	51
Home-style Onion Rings, Kids	86g	10	8	7	290	19	3	1	4	25	5
Home-style Onion Rings, Medium	141g	16	13	12	480	33	5	2	6	40	7
Home-style Onion Rings, Sack (serves 3)	262g	30	24	22	890	61	10	3	11	74	14
Hot Chocolate, large	20oz	15	7	6	300	7	2	2	2	52	43
Hot Chocolate, medium	16oz	12	6	5	240	6	1.5	2	2	41	34
Hot Chocolate, small	12oz	8	4	4	170	4	1	1	1	31	25
Hot Sauce - 1 Packet	7g	0	0	0	5	0	0	1	0	1	0
Huevos Rancheros Breakfast toast sandwich w/Bacon	126g	9	8	7	290	14	5	2	14	30	5
Huevos Rancheros Breakfast toast sandwich	156g	13	10	9	380	23	8	2	16	30	5
Huevos Rancheros w/Bacon Slider	95g	7	6	5	210	12	5	1	12	14	2
Huevos Rancheros w/Sausage Slider	125g	11	8	8	310	22	9	1	15	14	2
Iced Tea Sweetened, kid's	10oz	3	1	1	40	0	0	0	0	11	11
Iced Tea Sweetened, large	40oz	10	5	3	170	0	0	0	0	45	43

White Castle

Iced Tea Sweetened, medium	30oz	8	4	3	130	0	0	0	0	33	31
Iced Tea Sweetened, small	21oz	5	2	2	80	0	0	0	0	20	19
Jalapeno Cheese Slider	60g	5	4	4	160	9	4	1	8	14	2
Jalapeno Cheese Slider - New York & New Jersey only	64g	6	5	4	160	9	4	1	8	15	3
Ketchup - 1 Packet	9g	1	0	0	10	0	0	0	0	2	2
Lemon Juice - 1 Packet	4g	0	0	0	5	0	0	0	0	1	0
Maple & Brown Sugar Oatmeal	43g	6	4	3	160	2	0	3	4	32	9
Maple & Brown Sugar Oatmeal w/ Berry Blend Topping	60g	9	6	4	220	2	0	4	4	46	21
Maple & Brown Sugar Oatmeal w/ Honey Roasted	57g	8	6	5	240	8	0.5	5	7	38	13
Maple Syrup- 1 Container	43g	6	3	2	120	0	0	0	0	31	21
Marinara Sauce - 1 Container	28g	1	0	0	15	0	0	0	0	4	2
Mayonnaise - 1 Packet	9g	2	2	2	60	7	1	0	0	0	0
Mello Yello, kid's	10oz	6	3	2	100	0	0	0	0	27	27
Mello Yello, large	40oz	25	12	8	400	0	0	0	0	110	110
Mello Yello, medium	30oz	19	9	6	300	0	0	0	0	82	82
Mello Yello, small	21oz	14	7	5	230	0	0	0	0	62	62
Minute Maid Orange Juice NTC,	10oz	8	4	3	140	0	0	0	2	33	33
Minute Maid Orange Juice NTC, Large	21oz	17	8	6	290	0	0	0	5	70	70
Minute Maid Orange Juice NTC, small	16oz	12	6	4	220	0	0	0	0	54	48
Minute Maid Raspberry Lemonade, kid's	10oz	6	3	2	100	0	0	0	0	28	26
Minute Maid Raspberry Lemonade, large	40oz	26	12	8	420	0	0	0	0	114	107
Minute Maid Raspberry Lemonade, medium	30oz	19	9	6	310	0	0	0	0	85	79
Minute Maid Raspberry Lemonade, small	21oz	14	7	5	230	0	0	0	0	64	60
Mott's® Apple Juice	6.75oz	6	3	2	100	0	0	0	0	24	23
Mott's® Snack and Go Natural Applesauce Pouch	90g	2	1	1	40	0	0	1	0	10	8
Mozzarella Cheese Sticks, 10 Sticks (serves 3)	366g	50	40	38	1470	111	31	4	41	73	4
Mozzarella Cheese Sticks, 3 Sticks	110g	15	12	11	440	33	9	1	12	22	1
Mozzarella Cheese Sticks, 5 Sticks	183g	25	20	19	740	55	15	2	21	36	2
Mrs. Butterworth's Syrup - 1 Container	28g	4	2	2	80	0	0	0	0	20	9
Mustard - 1 Packet	6g	0	0	0	5	0	0	0	0	0	0
Mutant Fries, Small	182g	15	11	10	410	26	6	2	5	36	9
Onion Rings, Kids	70g	7	6	5	210	14	2.5	2	1	21	3
Onion Rings, Large (serves 3)	210g	22	17	15	640	41	7	6	4	62	9
Onion Rings, Medium	112g	12	9	8	340	22	4	3	2	33	5
Onion Chips, Medium	262g	32	24	23	930	65	11	13	8	73	8
Onion Chips, Sack (serves 3)	349g	46	36	35	1350	101	17	16	11	92	11
Onion Chips, Small	124g	16	13	12	480	36	6	6	4	33	4
Peach Smoothie, 16 oz	512oz	16	8	6	310	0.5	0.5	3	4	70	57
Pibb Xtra, kid's	10oz	6	3	2	90	0	0	0	0	24	24
Pibb Xtra, large	40oz	23	11	7	370	0	0	0	0	99	99
Pibb Xtra, medium	30oz	17	8	5	270	0	0	0	0	73	73
Pibb Xtra, small	21oz	13	6	4	210	0	0	0	0	55	55
Plain Donuts	35g	7	5	3	150	8	4	1	2	22	10
Plain Turkey Slider - Limited Time Offering	81g	5	4	4	200	8	1.5	1	12	13	1
Powdered Sugar Donuts	35g	7	5	3	150	8	4	1	2	22	10
PowerAde Mountain Blast, kid's	10oz	4	2	1	60	0	0	0	0	16	16
PowerAde Mountain Blast, large	40oz	15	7	5	240	0	0	0	0	65	65
PowerAde Mountain Blast, medium	30oz	11	5	4	180	0	0	0	0	48	48
PowerAde Mountain Blast, small	21oz	9	4	3	140	0	0	0	0	36	36
Ranch Dressing - 1 Container	28g	5	4	4	150	17	2.5	0	0	1	1
Roasted Garlic Cheese Slider (limited time offering)	61g	6	5	4	170	9	4.5	1	9	14	1
Savory Grilled Chicken Slider - Cheddar Bacon	105g	7	6	6	240	12	3	1	16	15	3
Savory Grilled Chicken Slider - Plain	88g	5	5	4	180	7	1.5	1	15	13	2
Savory Grilled Chicken Slider - Western BBQ (Chic,	140g	10	8	7	320	14	2.5	1	16	30	10
Savory Grilled Chicken Slider - Western BBQ (Cols,	137g	10	8	7	320	16	3	2	16	28	9
Savory Grilled Chicken Slider - Western BBQ (New	137g	9	8	7	290	13	2.5	1	15	29	9
Seafood Cocktail Sauce - 1 Container	28g	1	1	1	30	0	0	0	0	7	4
Spring Water	16.9oz	0	0	0	0	0	0	0	0	0	0

White Castle

Sprite, kid's	10oz	6	3	2	90	0	0	0	0	24	24
Sprite, large	40oz	23	11	7	370	0	0	0	0	99	99
Sprite, medium	30oz	17	8	5	270	0	0	0	0	73	73
Sprite, small	21oz	13	6	4	210	0	0	0	0	55	55
Strawberry Banana, 16oz	540oz	19	10	6	360	0.5	0.5	6	5	88	68
Strawberry Lemonade, 16oz	525oz	20	10	7	370	0.5	0.5	4	4	88	75
Strawberry Shake, kids	10oz	13	7	5	260	4	2.5	1	6	49	43
Strawberry Shake, large	40oz	53	27	21	1030	16	10	5	23	197	172
Strawberry Shake, medium	30oz	40	20	16	780	12	7	3	17	148	129
Strawberry Shake, small	21oz	27	14	11	540	8	5	2	12	103	90
Surf & Turf Slider (select regions)	169g	18	15	14	540	38	11	2	22	27	2
Surf & Turf Slider without Cheese (select regions)	153g	15	13	12	480	33	8	2	19	26	2
Sweet Potato Fries, Loaded	202g	20	13	11	490	25	3.5	6	2	65	37
Sweet Potato Fries, Medium	304g	25	17	16	670	39	6	10	3	73	30
Sweet Potato Fries, Sack	482g	35	24	22	920	54	9	14	5	100	41
Sweet Potato Fries, Small	173g	14	10	9	380	22	3.5	6	2	42	17
Tartar Sauce - 1 Packet	9g	1	0	1	25	1.5	0	0	0	1	1
Tarter Sauce - 1 Container	28g	3	2	2	90	8	1	0	0	4	2
The Original Slider®	55g	4	4	3	140	6	2.5	1	7	13	1
The Original Slider® - New York & New Jersey only	60g	5	4	3	140	6	2.5	1	7	15	3
Traditional Bun	25g	2	2	1	70	1	0	1	2	12	1
Traditional Bun with Cheese	33g	3	2	2	90	3	1.5	1	4	12	2
Vanilla Shake, kids	10oz	11	6	5	220	4	2.5	1	6	41	34
Vanilla Shake, large	40oz	44	24	19	900	16	10	5	23	163	137
Vanilla Shake, medium	30oz	33	18	14	670	12	7	3	17	122	103
Vanilla Shake, small	21oz	23	12	10	470	8	5	2	12	85	72
Vault, kid's	10oz	6	3	2	100	0	0	0	0	26	26
Vault, large	40oz	25	12	8	410	0	0	0	0	107	107
Vault, medium	30oz	19	9	6	300	0	0	0	0	79	79
Vault, small	21oz	14	7	5	230	0	0	0	0	60	60
Veggie Slider - Plain	68g	4	4	3	150	5	0	3	5	20	2
Veggie Slider - Ranch	88g	9	7	6	270	18	2	3	5	21	4
Veggie Slider - Sweet Thai Sauce	88g	5	4	3	160	5	0	3	6	23	4
Waffle Breakfast Slider w/Bacon, Egg, Cheese	109g	14	10	9	350	22	10	0	12	27	14
Waffle Breakfast Slider w/Egg, Cheese	102g	12	8	7	290	17	8	0	9	27	14
Waffle Breakfast Slider w/Sausage & Gravy	105g	15	10	9	360	24	10	0	7	28	14
Waffle Breakfast Slider w/Sausage, Egg, Cheese	139g	17	12	11	440	31	13	0	14	27	14
Waffles (2pc)	50g	8	5	5	230	12	6	1	3	16	0
Wheat Toast	56g	4	4	3	140	2	0	2	4	28	4
White Castle Zesty Zing Sauce - 1 Container	28g	4	3	3	120	11	1.5	0	0	4	3
X-Treme Ghost Pepper Cheese Slider - Limited Time	103g	12	10	9	340	25	7	1	9	23	2