

Menu Item	Serving Size (oz)	Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>ButterBurgers</b>											
BBQ Cheddar Burger, Single	5.64	444	19	167	10	1	85	608	37	1	24
BBQ Cheddar Burger, Double	8.99	688	34	302	17	1	160	885	43	1	43
BBQ Cheddar Burger, Triple	11.85	908	49	437	25	2	235	1055	43	1	62
ButterBurger™ "The Original," Single	5.43	346	12	104	5	1	65	700	35	1	19
ButterBurger™ "The Original," Double	7.9	480	20	176	8	1	120	730	36	1	33
ButterBurger™ "The Original," Triple	10.49	613	28	248	11	2	175	841	37	1	47
ButterBurger Cheese, Single	6.16	398	16	144	8	1	78	955	36	1	22
ButterBurger Cheese, Double	8.89	580	29	256	13	1	145	1240	37	1	38
ButterBurger Cheese, Triple	11.98	763	41	368	19	2	213	1606	38	1	55
Cheddar ButterBurger with Bacon, Single	6.14	541	29	261	13	1	108	1015	31	1	30
Cheddar ButterBurger with Bacon, Double	8.99	761	44	396	21	1	163	1195	31	1	49
Cheddar ButterBurger with Bacon, Triple	11.85	981	59	531	28	2	258	1355	31	1	68
Cheddar ButterBurger, Single	5.4	421	19	167	10	1	85	580	31	1	24
Cheddar ButterBurger, Double	8.25	641	34	302	17	1	160	750	31	1	43
Cheddar ButterBurger, Triple	11.11	861	49	437	25	2	235	920	31	1	62
Mushroom & Swiss, Single	5.89	431	20	176	9	1	85	551	33	1	25
Mushroom & Swiss, Double	9.24	661	36	320	16	1	160	692	34	1	45
Mushroom & Swiss, Triple	12.59	891	52	464	23	2	235	833	35	1	65
Sourdough Melt, Single	6.12	413	20	176	10	1	85	600	33	0	25
Sourdough Melt, Double	9.21	636	35	311	17	1	160	770	33	0	44
Sourdough Melt, Triple	12.3	858	50	446	25	2	235	941	34	0	63
The Culver's Bacon Deluxe, Single	7.9	573	34	306	16	1	108	1067	34	1	26
The Culver's Bacon Deluxe, Double	10.16	751	47	418	22	1	175	1351	34	1	43
The Culver's Bacon Deluxe, Triple	12.77	931	59	530	27	2	243	1636	34	1	59
The Culver's Deluxe, Single	7.65	494	27	243	14	1	93	857	34	1	22
The Culver's Deluxe, Double	9.66	671	40	355	19	1	160	1061	34	1	39
The Culver's Deluxe, Triple	12.27	851	52	467	25	2	228	1346	34	1	55
Wisconsin Swiss Melt, Single	6.05	403	20	176	9	1	85	575	33	2	26
Wisconsin Swiss Melt, Double	9.14	616	34	302	16	1	160	660	34	2	46
Wisconsin Swiss Melt, Triple	12.23	828	48	428	23	2	235	746	35	2	66
<b>Favorites</b>											
Beef Pot Roast Sandwich	6.31	363	12	108	7	1	60	948	33	1	24
Cheese Hot Dog	5.57	477	31	275	12	1	76	1190	34	0	20
Chicken Tenders, Breaded, 4 piece	6.49	440	20	180	4	2	80	1152	32	4	36
Chili Dog with Bun	6.07	449	28	150	11	1	68	1260	36	0	18
Crispy Chicken Filet Sandwich	7.62	578	35	311	12	1	55	1056	50	3	21
Flame Roasted Chicken Sandwich	7.09	308	9	77	3	0	65	980	36	1	27
Grilled Ham 'N' Swiss on Rye	8.47	497	25	226	13	0	126	1892	33	2	37
Grilled Reuben Melt	10.62	588	31	275	13	1	112	1950	41	2	39
Hot Dog with Bun	7.09	462	27	239	10	1	60	1491	46	0	16
North Atlantic Cod Filet Sandwich	8.75	663	40	360	7	1	76	979	47	1	31
Pork Tenderloin Sandwich	9.01	593	26	230	7	3	65	1431	62	2	26
Shaved Prime Rib Sandwich	7.46	507	28	256	15	0	76	1215	35	0	34
Turkey Sourdough BLT	9.49	562	31	279	15	0	106	1923	36	0	34
<b>Dinner Plates</b>											
Beef Pot Roast Dinner	21.73	745	36	323	25	1	134	1710	73	8	34
Butterfly Jumbo Shrimp, 10 piece	21.11	1560	79	709	14	0	120	2606	172	10	42
Butterfly Jumbo Shrimp, 6 piece	18.01	1320	67	601	12	0	88	2026	152	9	30
Chopped Steak Dinner	23.4	849	49	445	24	1	189	1277	63	9	41
Fresh Fried Chicken, 2 piece	25.26	1790	99	889	22	1	340	3036	141	6	87
Fresh Fried Chicken, 4 piece	31.75	2220	121	1087	29	2	465	3616	159	6	124
North Atlantic Cod Filet, 2 piece	23.14	1866	121	1087	19	1	168	1928	136	8	54
North Atlantic Cod Filet, 3 piece	27.8	2156	139	1249	21	2	208	2378	148	9	76
<b>Sides</b>											
Chili Cheddar Fries	8.82	607	29	264	8	0	32	482	72	5	15
Cole Slaw	5.29	385	26	234	4	0	25	500	38	2	1
Crinkle Cut Fries, Small	3.53	275	12	108	2	0	0	40	38	3	4
Crinkle Cut Fries, Regular	4.94	385	17	151	3	0	0	56	53	4	5
Crinkle Cut Fries, Large	6.35	495	22	194	4	0	0	72	68	5	7
Dairyland Cheese Curds	6.74	670	38	342	15	2	75	1740	54	3	28
Dinner Roll	1.62	140	6	54	2	0	15	200	19	0	4
Green Beans	4.94	130	10	90	10	0	35	115	8	5	3
Mashed Potatoes	5.93	120	1	8	0	0	6	204	24	2	2
Mashed Potatoes & Gravy	6.98	140	2	19	0	0	8	394	26	2	3
Onion Rings, Breaded	6.7	630	36	324	4	0	0	1070	70	3	7
<b>Condiments</b>											
American Cheese, Slice	0.49	50	5	40	3	0	13	255	0	0	3
Bacon, Slice	0.25	40	4	32	1	0	8	145	0	0	2
BBQ Sauce	0.99	48	0	0	0	0	0	215	12	0	0
Dill Pickles, Sliced	0.25	1	0	0	0	0	0	80	0	0	0
Honey Mustard	1.9	130	6	54	1	0	0	410	20	0	0
Horseradish Sauce	1.23	150	14	126	3	0	25	220	6	0	0
Ketchup	0.6	15	0	0	0	0	0	190	4	0	0
Mayonnaise	0.49	100	11	99	6	0	15	76	0	0	0
Mustard, Mild	0.35	0	0	0	0	0	0	140	0	0	0
Mustard, Spicy Brown	0.35	0	0	0	0	0	0	120	0	0	0
Picante Sauce, Mild and Medium	1.13	10	0	0	0	0	0	220	2	0	0
Shrimp Cocktail Sauce	1.5	50	0	0	0	0	0	400	12	2	2
Steak Sauce	0.42	10	0	0	0	0	0	150	2	0	0
Sweet & Sour Dipping Sauce	1.9	90	0	0	0	0	0	320	23	0	0
Tartar Sauce	0.99	188	18	162	3	0	24	136	1	0	0
<b>Garden Fresh Salads</b>											
Chicken Cashew with Flame Roasted Chicken	12.17	443	24	216	7	0	87	925	19	6	39
Classic Caesar with Flame Roasted Chicken	10.16	340	16	142	7	0	91	1445	14	3	34
Garden Fresco	9.1	229	10	88	4	0	32	375	19	5	16
Side Caesar	3.03	54	2	22	1	0	6	169	5	2	2
Side Salad	3.21	60	2	22	1	0	8	102	6	2	4

Sugars listed on website.

Since opening our first restaurant in 1984, Culver's has earned the reputation of serving a great variety of quality, fresh food in a clean, friendly family atmosphere. Whether it's your first Culver's experience or you're a returning guest, you'll see that we provide great-tasting menu choices to help balance your lifestyle, including savory ButterBurgers, chicken and fish dinners, great-tasting salads, soups, and fresh frozen custard desserts. Along with our signature Flavor of the Day, you'll receive a distinct helping of friendliness and hometown hospitality with every order as well!

Culver's® nutritional information is based on representative values from manufacturers, USDA, and other established data bases and lab testing. Nutritional analysis was performed by Guardian Food Group. Recipes are from Culver Franchising System, Inc. Some menu items may not be available at all restaurants. In addition, test products, test formulations or regional items have not been included in this brochure. While ingredient information in this brochure is based on standard product formulations, variation may occur due to differences in suppliers, ingredient substitutions, changes in recipe, product assembly at the restaurant level, the region of the country and the season of the year. Serving sizes may vary from the quantity upon which the analysis was conducted. Serving size designation for beverages refer to total cup capacity. The actual fill maybe slightly less. The nutritional information in this brochure presumes that the operator of the restaurant, most of which are franchised, is complying with preparation, ingredient, supply and proportioning requirements. None of Culver's menu items are certified as vegetarian; all menu items may contain trace amounts of ingredients derived from animals. If you would like further information on our menu items, or have food allergies, sensitivities or special dietary needs, please go to [www.culvers.com](http://www.culvers.com). Click on "Menu" at the top, then on "Nutrition Facts" and "Allergen Grid" for the most up-to-date information. The listings at [www.culvers.com](http://www.culvers.com) are periodically updated in an effort to reflect the current status of our menu items and may vary from printed materials.

If you have questions or need additional information please write:  
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Updated 5/10



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# Nutrition

## Culver's Nutritional Guide



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