

	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BURGERS											
#1 Whataburger	590	230	25	8	1	45	1220	62	4	12	29
#2 Double Meat Whataburger	830	400	44	14	1.5	85	1470	62	4	12	47
#3 Triple Meat Whataburger	1070	570	63	21	2.5	130	1720	62	4	12	65
#4 Jalapeño & Cheese Whataburger	680	290	32	12	1	65	1800	63	4	12	34
#5 Bacon & Cheese Whataburger	750	330	37	13	1	80	1910	62	4	12	39
#6 Avocado Bacon Burger	820	460	52	15	1	85	1600	52	4	7	37
#7 Whataburger Jr.	310	100	11	3	0	20	750	37	2	6	14
#8 Double Meat Whataburger Jr.	420	180	20	6	0.5	40	870	37	2	6	23
Bacon & Cheese Whataburger Jr.	400	160	18	7	0	40	1140	37	2	6	21
CHICKEN											
#10 Whatachick'n Sandwich with Whatasauce™	540	200	22	10	0	80	960	54	3	10	32
#10 Whatachick'n Sandwich with Mayonnaise	580	250	28	11	0	80	900	52	3	9	32
#11 Grilled Chicken Sandwich with Whatasauce™	430	130	14	3.5	0	85	1030	44	4	10	32
#11 Grilled Chicken Sandwich with Mayonnaise	470	180	20	4.5	0	90	980	42	4	9	32
#12 Spicy Chicken Sandwich	550	230	26	5	0	70	1490	50	4	9	31
#13 Whatachick'n Strips (3)	460	240	27	4	0	60	1020	30	1	1	24
#14 Whatachick'n Bites (6)	390	170	19	2.5	0	75	780	25	2	1	30
#15 Whatachick'n Bites (9)	580	250	28	4	0	110	1160	37	3	1	45
#16 Chicken Fajita Taco	340	100	11	3.5	0	80	1200	31	3	1	29
Grilled Chicken Melt	390	100	11	4	0	95	1330	39	3	6	33
Note: #13-15 Meals come with Texas Toast, which adds:	160	60	7	1	0	0	220	21	0	2	3
ALL-TIME FAVORITES & SEASONAL SANDWICHES											
Honey BBQ Chicken Strip Sandwich	890	380	42	11	0	90	2430	87	3	17	38
Whataburger. Patty Melt	940	550	61	21	1.5	125	1760	45	1	6	49
Mushroom Swiss Burger	1110	630	70	23	1.5	130	1890	61	3	11	56
Whatacatch Sandwich	490	180	20	3	0	45	880	59	5	7	19
Grilled Veggie Wrap*	330	160	18	4	0	0	800	38	6	4	7
Sweet & Spicy Bacon Burger*	1080	560	62	23	1.5	140	2310	69	3	18	60
Green Chile Double*	1080	510	57	21	1.5	120	1950	61	3	12	54
Buffalo Ranch Chicken Strip Sandwich†	990	460	51	13	0	95	2790	90	5	10	41
JUNIOR ALL-TIME FAVORITES & SEASONAL SANDWICHES											
Jr. Honey BBQ Chicken Strip Sandwich	650	280	31	9	0	70	1840	63	3	13	28
Jr. Whataburger. Patty Melt (Single Patty)	640	330	37	11	1	65	1200	45	1	6	28
Jr. Mushroom Swiss Burger	700	380	42	14	1	85	1380	47	3	11	32
Jr. Sweet & Spicy Bacon Burger*	600	300	33	13	1	75	1350	42	1	11	32
Jr. Green Chile Double*	540	270	30	12	1	65	1310	37	1	7	28
Jr. Buffalo Ranch Chicken Strip Sandwich†	660	310	35	10	0	70	2040	56	3	6	28
FOR THE KIDS											
Justaburger™	300	100	11	3	0	20	740	35	1	5	14
Whatachick'n Strips (2)	300	160	18	2.5	0	40	680	20	0	0	16
Whatachick'n Bites (4)	260	110	12	1.5	0	50	520	16	1	0	20
Grilled Cheese	510	250	28	10	0	40	1300	42	0	4	16
SALADS											
Apple & Cranberry Salad with Grilled Chicken	380	110	12	7	0	110	780	38	6	27	33
Apple & Cranberry Salad with Whatachick'n™	490	180	20	13	0	105	710	47	4	27	34
Apple & Cranberry Salad with Spicy Chicken	500	190	21	8	0	95	1050	49	6	28	31
Cobb Salad	300	190	21	10	0	235	610	8	0	3	20
Cobb Salad with Grilled Chicken	430	210	23	11	0	315	1160	10	3	3	44
Cobb Salad with Whatachick'n™	540	280	31	17	0	305	1090	20	2	3	45
Cobb Salad with Spicy Chicken	550	290	32	12	0	300	1420	21	3	4	43
Buffalo Ranch Chicken Salad† with Grilled Chicken	370	170	19	8	0	125	2070	13	4	3	37
Buffalo Ranch Chicken Salad† with Whatachick'n™	480	240	27	15	0	115	2000	23	2	3	38
Buffalo Ranch Chicken Salad† with Spicy Chicken	480	250	28	9	0	110	2330	24	4	4	35
Garden Salad	160	90	10	6	0	30	220	10	5	4	10
Garden Salad with Grilled Chicken	290	110	12	7	0	110	770	12	6	4	34
Garden Salad with Whatachick'n™	400	180	20	13	0	100	700	22	5	4	35
Garden Salad with Spicy Chicken	400	190	21	8	0	95	1070	22	4	5	32
SIDES											
Small French Fries	270	130	14	2	0	0	170	34	3	0	3
Medium French Fries	400	190	21	3	0	0	260	51	4	1	4
Large French Fries	530	250	28	3.5	0	0	350	68	6	1	6
Medium Onion Rings	300	150	17	2.5	0	0	430	33	4	2	4
Large Onion Rings	450	230	25	3.5	0	0	650	49	6	3	7
Apple Slices	30	0	0	0	0	0	0	8	1	6	0
ADD-ONS											
Avocado	90	80	9	1.5	0	0	20	4	3	0	1
Hard-Boiled Egg†	80	50	5	1.5	0	185	60	1	0	1	6
Bacon (per slice)	25	15	1.5	0.5	0	5	85	0	0	0	2
Grilled Peppers and Onions	25	10	1.5	0	0	0	130	3	1	1	0
Jalapeños (whole or sliced - about 5-8 slices)	0	0	0	0	0	0	90-140	1	0	0	0
Small American Cheese (per slice)	45	30	3.5	2.5	0	10	220	0	0	0	3
Large American Cheese (per slice)	90	60	7	4	0	20	430	0	0	0	5

	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ADD-ONS (CONTINUED)											
Monterey Jack Cheese	60	45	5	3	0	15	310	0	0	0	3
Shredded Cheddar Cheese	170	120	14	9	0	45	270	0	0	0	11
Blue Cheese†	110	80	9	5	0	30	400	2	0	0	6
Green Chiles*	40	20	2.5	0	0	0	200	5	1	3	1
Fire Roasted Brown Mushrooms	15	10	1	0	0	0	55	1	0	0	1
CONDIMENTS											
Fancy Ketchup (per portion cup)	35	0	0	0	0	0	340	8	0	6	0
Spicy Ketchup (per portion cup)	30	0	0	0	0	0	400	7	0	6	0
Picante Sauce (per portion cup)	5	0	0	0	0	0	170	1	0	1	0
Salsa Verde (per portion cup)	5	0	0	0	0	0	85	1	0	1	0
Margarine (per portion cup)	35	35	4	1.5	0	0	30	0	0	0	0
DIPPING SAUCES & DRESSINGS											
Balsamic Vinaigrette	180	140	15	2.5	0	0	480	10	0	9	0
Buffalo Sauce	25	15	1.5	0	0	0	1510	3	1	1	0
Buttermilk Ranch Dressing	240	230	25	4.5	0	20	500	3	0	2	1
Cream Gravy	60	25	3	1.5	0	0	410	8	0	1	0
Creamy Pepper Sauce	240	220	24	4	0	20	550	4	0	3	1
Fat-Free Ranch Dressing	50	0	0	0	0	0	770	13	1	5	1
Honey BBQ Sauce	90	0	0	0	0	0	650	22	0	19	0
Honey Butter Sauce	300	220	24	4	0	20	180	20	0	19	0
Honey Mustard Sauce	200	140	16	2.5	0	15	300	15	0	13	1
Jalapeño Ranch Dressing	280	270	30	5	0	20	580	2	0	1	0
Low-Fat Herb Vinaigrette	35	10	0.5	0	0	0	470	7	0	6	0
Low-Fat Honey Pepper Vinaigrette	90	30	3.5	0.5	0	0	460	15	0	14	0
Sugar-Free Pancake Syrup	25	0	0	0	0	0	75	10	0	0	0
Pancake Syrup	160	0	0	0	0	0	0	39	0	21	0
Thousand Island Dressing	260	230	25	4	0	25	540	8	0	7	1
BREAKFAST											
#20 Taquito with Cheese & Bacon	400	210	23	9	0	345	1050	29	1	1	20
#20 Taquito with Cheese & Chorizo*	450	250	28	11	0	305	1060	28	2	1	19
#20 Taquito with Cheese & Potato	440	220	25	8	0	330	1100	38	2	1	17
#20 Taquito with Cheese & Sausage	420	240	26	10	0	345	1050	28	1	1	19
#21 Breakfast On A Bun™ with Bacon	360	140	16	6	0	230	940	35	1	5	18
#21 Breakfast On A Bun™ with Sausage	510	250	28	11	0	265	1190	35	1	5	27
#22 Buttermilk Biscuit Sandwich with Bacon	490	280	31	15	0	230	1210	35	1	3	18
#22 Buttermilk Biscuit Sandwich with Sausage	640	390	44	20	0	265	1460	35	1	3	27
#22 Jalapeño Cheddar Biscuit Sandwich with Bacon	500	290	32	16	0	245	1300	31	2	0	19
#22 Jalapeño Cheddar Biscuit Sandwich with Sausage	640	400	45	21	0	280	1550	31	0	2	28
#23 Pancake Platter with Bacon	680	190	21	7	0	15	1560	109	3	33	12
#23 Pancake Platter with Sausage	830	300	33	12	0	50	1810	109	3	33	21
#24 Breakfast Platter with Bacon	600	340	38	16	0	655	1120	39	1	5	28
#24 Breakfast Platter with Sausage	750	450	50	21	0	690	1370	39	1	5	37
#25 Honey Butter Chicken Biscuit	580	320	36	12	0	25	990	52	2	10	13
#26 Buttermilk Biscuit & Gravy	490	270	30	14	0	15	1530	49	1	5	8
#26 Jalapeño Cheddar Biscuit & Gravy	490	280	31	16	0	30	1620	44	2	4	9
BREAKFAST A LA CARTE											
Buttermilk Biscuit	310	150	17	9	0	0	600	34	1	3	5
Buttermilk											

	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ORANGE JUICE & MILK											
Simply Orange Orange Juice (11.5 fl oz)	160	0	0	0	0	0	0	37	0	33	2
1% Low Fat Milk (8 fl oz)	110	20	2.5	1.5	0	15	130	13	0	12	9
1% Low Fat Chocolate Milk (8 fl oz)	160	25	2.5	1.5	0	10	220	27	0	25	8
COFFEE & TEA											
Small Coffee (12 fl oz)	5	0	0	0	0	0	5	0	0	0	0
Medium Coffee (16 fl oz)	5	0	0	0	0	0	10	0	0	0	1
Large Coffee (20 fl oz)	5	0	0	0	0	0	10	0	0	0	1
Small Decaf Coffee (12 fl oz)	0	0	0	0	0	0	5	0	0	0	0
Medium Decaf Coffee (16 fl oz)	0	0	0	0	0	0	10	0	0	0	0
Large Decaf Coffee (20 fl oz)	0	0	0	0	0	0	10	0	0	0	1
Kid's Unsweet Tea (16 fl oz)	5	0	0	0	0	0	15	1	0	0	0
Small Unsweet Tea (20 fl oz)	5	0	0	0	0	0	20	2	0	0	0
Medium Unsweet Tea (32 fl oz)	10	0	0	0	0	0	30	3	0	0	0
Large Unsweet Tea (44 fl oz)	15	0	0	0	0	0	40	4	0	0	0
Kid's Sweet Tea (16 fl oz)	220	0	0	0	0	0	15	58	0	56	0
Small Sweet Tea (20 fl oz)	280	0	0	0	0	0	15	72	0	70	0
Medium Sweet Tea (32 fl oz)	440	0	0	0	0	0	25	115	0	113	0
Large Sweet Tea (44 fl oz)	610	0	0	0	0	0	35	158	0	155	0
DESSERTS											
Hot Apple Pie	270	120	14	5	0	0	260	34	2	7	3
Hot Lemon Pie	320	140	16	5	0	0	230	41	3	12	4
Fruit Chews	80	0	0	0	0	0	20	19	0	11	1
Cinnamon Roll (single)	580	140	16	9	0	10	1330	103	2	59	8
Chocolate Chunk Cookie	230	100	11	6	0	15	190	32	1	18	2
Sugar Cookie	230	90	10	5	0	15	210	34	0	17	3
SHAKES & MALTS											
Small Chocolate Shake (16 fl oz)	440	100	11	6	0	30	390	80	0	78	10
Medium Chocolate Shake (20 fl oz)	560	130	14	8	0	40	490	102	0	100	13
Large Chocolate Shake (32 fl oz)	890	200	23	13	0	65	790	159	0	159	20
Small Chocolate Malt (16 fl oz)	460	100	11	6	0	30	390	85	1	83	10
Medium Chocolate Malt (20 fl oz)	590	120	13	8	0	35	490	110	2	107	12
Large Chocolate Malt (32 fl oz)	920	200	22	12	0	60	780	170	2	166	19
Small Strawberry Shake (16 fl oz)	450	100	11	6	0	30	370	80	0	80	9
Medium Strawberry Shake (20 fl oz)	560	120	14	8	0	40	460	103	0	103	12
Large Strawberry Shake (32 fl oz)	890	200	22	13	0	65	750	160	0	160	19
Small Strawberry Malt (16 fl oz)	460	90	11	6	0	30	370	85	0	85	9
Medium Strawberry Malt (20 fl oz)	590	120	13	7	0	35	460	111	0	110	11
Large Strawberry Malt (32 fl oz)	920	190	21	12	0	60	740	171	0	170	18
Small Vanilla Shake (16 fl oz)	410	110	12	7	0	35	390	69	0	69	10
Medium Vanilla Shake (20 fl oz)	510	135	15	9	0	45	490	86	0	86	13
Large Vanilla Shake (32 fl oz)	820	220	24	14	0	70	790	137	0	137	21
Small Vanilla Malt (16 fl oz)	430	110	12	7	0	35	390	74	0	74	10
Medium Vanilla Malt (20 fl oz)	540	130	14	8	0	40	490	94	0	93	12
Large Vanilla Malt (32 fl oz)	860	210	23	13	0	65	780	148	0	147	20
Small Dr Pepper Shake [†] (16 fl oz)	430	100	11	6	0	30	370	78	0	78	9
Medium Dr Pepper Shake [†] (20 fl oz)	550	120	14	8	0	40	460	100	0	99	12
Large Dr Pepper Shake [†] (32 fl oz)	870	200	22	13	0	65	740	157	1	155	19
SOFT DRINKS											
Kid's Coca-Cola Classic (16 fl oz)	200	0	0	0	0	0	55	54	0	54	0
Small Coca-Cola Classic (20 fl oz)	250	0	0	0	0	0	65	67	0	67	0
Medium Coca-Cola Classic (32 fl oz)	390	0	0	0	0	0	105	107	0	107	0
Large Coca-Cola Classic (44 fl oz)	540	0	0	0	0	0	150	147	0	147	0
Kid's Diet Coke (16 fl oz)	0	0	0	0	0	0	65	0	0	0	0
Small Diet Coke (20 fl oz)	0	0	0	0	0	0	80	<1	0	0	0
Medium Diet Coke (32 fl oz)	0	0	0	0	0	0	130	<1	0	0	0
Large Diet Coke (44 fl oz)	0	0	0	0	0	0	180	1	0	0	0
Kid's Coke Zero™ (16 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Small Coke Zero™ (20 fl oz)	0	0	0	0	0	0	65	0	0	0	0
Medium Coke Zero™ (32 fl oz)	0	0	0	0	0	0	105	0	0	0	0
Large Coke Zero™ (44 fl oz)	0	0	0	0	0	0	150	<1	0	0	0

	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SOFT DRINKS (CONTINUED)											
Kid's Caffeine Free Diet Coke (16 fl oz)	0	0	0	0	0	0	65	0	0	0	0
Small Caffeine Free Diet Coke (20 fl oz)	0	0	0	0	0	0	80	0	0	0	0
Medium Caffeine Free Diet Coke (32 fl oz)	0	0	0	0	0	0	130	<1	0	0	0
Large Caffeine Free Diet Coke (44 fl oz)	0	0	0	0	0	0	180	<1	0	0	0
Kid's Cherry Coke (16 fl oz)	210	0	0	0	0	0	55	56	0	56	0
Small Cherry Coke (20 fl oz)	260	0	0	0	0	0	70	70	0	70	0
Medium Cherry Coke (32 fl oz)	410	0	0	0	0	0	110	112	0	112	0
Large Cherry Coke (44 fl oz)	560	0	0	0	0	0	150	154	0	154	0
Kid's Sprite (16 fl oz)	180	0	0	0	0	0	95	50	0	50	0
Small Sprite (20 fl oz)	230	0	0	0	0	0	120	62	0	62	0
Medium Sprite (32 fl oz)	370	0	0	0	0	0	190	99	0	99	0
Large Sprite (44 fl oz)	510	0	0	0	0	0	260	137	0	137	0
Kid's Dr Pepper (16 fl oz)	190	0	0	0	0	0	20	52	0	51	0
Small Dr Pepper (20 fl oz)	240	0	0	0	0	0	25	65	0	64	0
Medium Dr Pepper (32 fl oz)	380	0	0	0	0	0	40	104	0	102	0
Large Dr Pepper (44 fl oz)	530	0	0	0	0	0	60	143	0	140	0
Kid's Diet Dr Pepper (16 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Small Diet Dr Pepper (20 fl oz)	0	0	0	0	0	0	65	0	0	0	0
Medium Diet Dr Pepper (32 fl oz)	0	0	0	0	0	0	110	1	0	0	0
Large Diet Dr Pepper (44 fl oz)	5	0	0	0	0	0	150	1	0	0	0
Kid's Barq's Root Beer (16 fl oz)	210	0	0	0	0	0	70	58	0	58	0
Small Barq's Root Beer (20 fl oz)	270	0	0	0	0	0	90	73	0	73	0
Medium Barq's Root Beer (32 fl oz)	430	0	0	0	0	0	140	116	0	116	0
Large Barq's Root Beer (44 fl oz)	590	0	0	0	0	0	190	160	0	160	0
Kid's Minute Maid Light Lemonade (16 fl oz)	10	0	0	0	0	0	55	3	0	0	0
Small Minute Maid Light Lemonade (20 fl oz)	10	0	0	0	0	0	70	3	0	0	0
Medium Minute Maid Light Lemonade (32 fl oz)	15	0	0	0	0	0	115	5	0	0	0
Large Minute Maid Light Lemonade (44 fl oz)	25	0	0	0	0	0	160	7	0	0	0
Kid's POWERADE Mountain Blast (16 fl oz)	110	0	0	0	0	0	150	29	0	29	0
Small POWERADE Mountain Blast (20 fl oz)	140	0	0	0	0	0	190	37	0	36	0
Medium POWERADE Mountain Blast (32 fl oz)	220	0	0	0	0	0	300	58	0	58	0
Large POWERADE Mountain Blast (44 fl oz)	310	0	0	0	0	0	410	80	0	80	0
Kid's POWERADE Fruit Punch (16 fl oz)	110	0	0	0	0	0	150	30	0	28	0
Small POWERADE Fruit Punch (20 fl oz)	130	0	0	0	0	0	190	37	0	36	0
Medium POWERADE Fruit Punch (32 fl oz)	220	0	0	0	0	0	310	59	0	57	0
Large POWERADE Fruit Punch (44 fl oz)	300	0	0	0	0	0	420	82	0	78	0
Kid's Hi-C Orange Lavaburst (16 fl oz)	220	0	0	0	0	0	55	58	0	57	0
Small Hi-C Orange Lavaburst (20 fl oz)	280	0	0	0	0	0	65	73	0	71	0
Medium Hi-C Orange Lavaburst (32 fl oz)	440	0	0	0	0	0	105	116	0	113	0
Large Hi-C Orange Lavaburst (44 fl oz)	610	0	0	0	0	0	150	160	0	156	0
Kid's Hi-C Poppin' Pink Lemonade (16 fl oz)	190	0	0	0	0	0	130	50	0	48	0
Small Hi-C Poppin' Pink Lemonade (20 fl oz)	240	0	0	0	0	0	160	63	0	60	0
Medium Hi-C Poppin' Pink Lemonade (32 fl oz)	380	0	0	0	0	0	260	100	0	96	0
Large Hi-C Poppin' Pink Lemonade (44 fl oz)	520	0	0	0	0	0	350	138	0	132	0
Kid's Fanta Orange (16 fl oz)	200	0	0	0	0	0	55	54	0	53	0
Small Fanta Orange (20 fl oz)	250	0	0	0	0	0	65	67	0	66	0
Medium Fanta Orange (32 fl oz)	390	0	0	0	0	0	105	108	0	106	0
Large Fanta Orange (44 fl oz)	540	0	0	0	0	0	150	148	0	146	0
Kid's Fanta Strawberry (16 fl oz)	220	0	0	0	0	0	55	59	0	59	0
Small Fanta Strawberry (20 fl oz)	270	0	0	0	0	0	70	74	0	73	0
Medium Fanta Strawberry (32 fl oz)	430	0	0	0	0	0	110	118	0	117	0
Large Fanta Strawberry (44 fl oz)	600	0	0	0	0	0	150	162	0	161	0
Kid's Mello Yello (16 fl oz)	220	0	0	0	0	0	65	58	0	58	0
Small Mello Yello (20 fl oz)	270	0	0	0	0	0	85	73	0	73	0
Medium Mello Yello (32 fl oz)	440	0	0	0	0	0	135	116	0	116	0
Large Mello Yello (44 fl oz)	600	0	0	0	0						