

# Hardee's® NUTRITION INFORMATION

	‡Allergens	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	§Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>BREAKFAST</b>													
Made from Scratch Biscuit™	M,S,W	99	430	230	26	10	0	0	960	43	3	2	7
Cinnamon 'N' Raisin™ Biscuit	M,S,W	93	320	130	14	7	0	0	640	46	1	25	3
Jelly Biscuit	M,S,W	113	460	230	26	10	0	0	960	52	3	8	7
Sausage Biscuit	M,S,W	140	620	390	43	17	0	30	1330	44	3	3	13
Sausage & Egg Biscuit	E,M,S,W	177	690	430	48	18	0	225	1410	46	3	3	19
Smoked Sausage, Egg and Cheese Biscuit	E,M,S,W	227	790	510	57	24	0	250	2040	48	3	5	23
Country Ham Biscuit	M,S,W	135	500	270	30	12	0	35	1790	44	3	2	16
Chicken Fillet Biscuit	E,M,S,W	174	650	370	41	13	0	40	1440	53	4	3	19
Country Steak Biscuit	M,S,W	156	640	380	42	13	0.5	25	1260	52	3	3	14
Bacon, Egg & Cheese Biscuit	E,M,S,W	164	610	350	38	15	0	225	1530	46	3	3	21
Bacon, Swiss, Chicken and Egg Biscuit	E,M,S,W	253	840	490	54	18	0	265	2040	56	4	4	34
Ham, Egg & Cheese Biscuit	E,M,S,W	183	580	310	35	14	0	220	1620	46	3	3	20
Loaded Omelet Biscuit	E,M,S,W	172	620	350	39	16	0.5	230	1490	48	3	3	19
Monster Biscuit®	E,M,S,W	251	880	550	61	24	0.5	280	2490	48	3	4	35
Biscuit 'N' Gravy	M,S,W	241	620	350	39	14	2	15	1670	57	10	3	10
Sunrise Croissant® with Ham	E,M,S,W	143	390	210	23	9	1	225	860	29	2	4	18
Frisco Breakfast Sandwich®	E,M,S,W	189	450	170	19	8	0.5	235	1560	45	2	5	24
Low Carb Breakfast Bowl®	E,M,S	228	680	530	59	20	0	540	1410	2	0	1	33
Loaded Breakfast Burrito	E,M,S,W	212	580	270	30	12	1	445	1320	46	3	2	30
Hardee™ Breakfast Platter - Bacon	E,M,S,W	255	900	510	57	14	0	275	1940	64	5	4	29
Hardee™ Breakfast Platter - Ham	E,M,S,W	371	880	480	53	17	3	220	2250	75	5	5	23
Hardee™ Breakfast Platter - Sausage	E,M,S,W	378	1070	650	72	24	2	240	2350	76	12	4	24
<b>BREAKFAST SIDES</b>													
Hash Rounds® - Small	W	83	260	140	15	3	0	0	320	23	3	1	2
Hash Rounds® - Medium	W	120	370	200	22	4.5	0	0	460	33	4	1	3
Hash Rounds® - Large	W	163	510	270	30	6	0.5	0	630	45	5	2	4
Grits	M,S,W	142	110	40	4.5	0.5	0	0	260	17	0	0	2
<b>THICKBURGERS® &amp; SANDWICHES</b>													
Grass-Fed All-Natural* Burger	E,M,S,W	315	780	440	49	15	2	75	1230	56	3	13	30
1/3 LB** Original Thickburger®	E,M,S,W	334	780	430	48	15	2.5	110	1660	56	3	14	34
2/3 LB** Original Thickburger®	E,M,S,W	443	1100	660	73	26	4	210	2470	57	3	15	58
1/3 LB** Cheeseburger	E,M,S,W	244	640	300	33	12	2	100	1640	56	2	14	33
2/3 LB** Cheeseburger	E,M,S,W	354	970	530	59	24	3.5	200	2430	57	2	16	57
1/3 LB** Mushroom & Swiss Thickburger®	E,M,S,W	255	680	340	38	15	2	110	1660	53	2	10	36
2/3 LB** Mushroom & Swiss Thickburger®	E,M,S,W	363	1000	570	63	26	3.5	210	2420	54	2	12	59
1/3 LB** Bacon Cheese Thickburger®	E,M,S,W	324	850	480	54	17	2.5	130	1700	54	3	12	42
2/3 LB** Bacon Cheese Thickburger®	E,M,S,W	433	1170	710	79	28	4	230	2500	55	3	13	66
1/3 LB** Frisco Thickburger®	E,M,S,W	295	840	490	55	19	2	145	2140	46	3	7	43
2/3 LB** Frisco Thickburger®	E,M,S,W	403	1150	720	80	30	4	240	2900	47	3	9	66
2/3 LB** Double Thickburger®	E,M,S,W	447	1130	690	77	27	4	215	2480	58	3	15	58
2/3 LB** Monster Thickburger®	E,M,S,W	383	1300	810	90	33	4	265	3140	53	2	13	76
1/4 LB** Thickburger®	E,M,S,W	233	530	310	35	11	1.5	85	1180	34	3	8	23
1/4 LB** Cheeseburger	M,S,W	182	440	210	23	9	1	75	1320	37	2	12	23
Charbroiled Chicken Club Sandwich	E,M,S,W	243	560	260	28	8	0	100	1680	38	2	13	37
Charbroiled BBQ Chicken Sandwich	M,S,W	220	350	60	6	1	0	55	1210	46	2	19	27
Big Chicken Fillet Sandwich	E,M,S,W	312	710	320	36	6	1	80	1510	64	4	10	35
Spicy Chicken Sandwich	E,M,S,W	156	440	210	23	4	0.5	30	1290	44	3	4	14
Regular Roast Beef Sandwich	E,M,S,W	123	310	120	14	4.5	1	40	830	28	2	5	18
Big Roast Beef Sandwich	E,M,S,W	207	500	210	23	8	1.5	70	1330	48	3	10	28
Hot Ham 'N' Cheese™	E,M,S,W	130	290	100	11	4	0	35	1150	29	1	5	17
Big Hot Ham 'N' Cheese™	E,M,S,W	238	530	180	20	8	0.5	75	2190	51	2	10	34
Jumbo Chili Dog	S,W	145	390	230	26	9	0	50	1300	23	1	5	15
Double Cheeseburger	M,S,W	162	380	170	19	5	1	60	810	33	1	8	18
Small Cheeseburger	M,S,W	128	300	110	13	4	0.5	35	790	33	1	8	13
Small Hamburger	M,S,W	119	250	80	9	3.5	0	25	610	32	1	7	11
3 Piece Hand-Breaded Chicken Tenders™	E,M,S,W	128	260	110	13	2.5	0.0	70	770	13	2	0	25
5 Piece Hand-Breaded Chicken Tenders™	E,M,S,W	213	440	190	21	4.5	0.0	115	1290	21	3	0	41
Kids Meal - Chicken Tenders***	E,M,S,W	162	400	170	19	3.5	0.0	45	960	37	4	0	19
Kids Meal - Cheeseburger***	M,S,W	204	520	210	23	6	0.5	35	1230	62	4	8	15
Kids Meal - Hamburger***	M,S,W	196	470	180	20	5	0	25	1080	61	4	7	13
Kids Meal - Hotdog***	M,S,W	191	570	310	34	10	0	45	1510	50	3	5	15
*Grass-Fed and All-Natural attributes refer only to beef patty **weight before cooking ***does not include drink													
<b>SIDES</b>													
Natural Cut French Fries - Kids		83	240	100	12	2	0	0	480	31	3	0	3
Natural Cut French Fries - Small		104	300	130	15	3	0	0	730	47	4	0	4
Natural Cut French Fries - Medium		168	490	210	24	4.5	0.0	0	980	63	6	0	5
Natural Cut French Fries - Large		183	530	230	26	4.5	0.0	0	1060	69	6	1	6
Crispy Curlys® - Small	W	117	360	160	18	4.5	0.5	0	910	46	4	0	5
Crispy Curlys® - Medium	W	152	470	210	23	6	1	0	1180	60	5	0	6
Crispy Curlys® - Large	W	184	570	250	28	7	1	0	1420	72	6	0	7
Beer-Battered Onion Rings	M,W	122	410	220	24	4.5	2	0	470	45	3	5	3
Side Salad (no dressing)	M	194	120	70	7	4.5	0.0	20	140	7	2	1	7
<b>FRIED CHICKEN &amp; SIDES</b>													
Fried Chicken Breast	E,W	148	370	130	15	4	1	75	1190	29	0	0	29
Fried Chicken Wing	E,W	66	200	70	8	2	0	30	740	23	0	0	10
Fried Chicken Thigh	E,W	121	330	130	15	4	1	60	1000	30	0	0	19
Fried Chicken Leg	E,W	69	170	60	7	2	0	45	570	15	0	0	13
Green Beans	S,W	133	40	15	1.5	1.5	0	5	760	5	2	1	2
Cole Slaw (small = 1 serving)	E	113	270	200	22	5	0	15	310	17	2	14	1
Peach Cobbler (small)	S,W	183	280	70	8	2	0	0	70	52	1	44	1
Mashed Potatoes and Gravy (small = 1 serving)	M,S,W	164	90	10	1	0	0	0	480	17	1	2	2
<b>DESSERTS</b>													
Chocolate Chip Cookie - 2 wrapped cookies	E,M,S,W	56	240	90	10	4	0	20	320	36	0	20	2
Chocolate Chip Cookie - 1 Fresh Baked Cookie	E,M,S,W	57	290	130	15	8	0	0	170	35	1	17	2
Apple Turnover (Without Cinnamon Sugar Topping)	M,S,W	85	270	120	13	3.5	0	5	260	35	1	11	3
Single Scoop Vanilla Ice Cream in Sugar Cone†	M,S,W	126	300	130	14	9	0	55	115	37	0	25	6
Single Scoop Vanilla Ice Cream in Bowl†	M	113	240	110	13	8	0	45	85	27	0	22	5
Hand Scooped Ice-Cream Shake™†	M	397	710	300	33	24	0	100	240	87	0	73	14
†Nutrient amounts may vary by flavor. Items may vary by restaurant.													

For additional information visit [www.hardees.com](http://www.hardees.com).

‡ All food items are prepared in the same kitchen. Cross-contact may occur. ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Treenuts, W=Wheat, +=Note: Ice cream and other products used in our shakes and malts may be processed in facilities where peanuts or tree nuts are present.

§ The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.

The information contained in this guide is based on standard U.S. product formulations and discloses the 8 principal allergens identified by the FDA, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. For complete ingredient information, refer to the "Ingredients" pdf on our website. Variations may occur due to a variety of factors and circumstances including, but not limited to, differences in suppliers, ingredient substitutions, recipe revisions, product assembly and seasonal variances. Product participation may vary by location and test products are not included. The information in this guide is reported for informational purposes only. We (including our franchisees, and our and their parents, subsidiaries, affiliates, suppliers and vendors) are not responsible for sensitivity or allergy to any food product or ingredient provided by or in our restaurants. We do not have an allergen free cooking environment in our kitchens. All products are prepared in the same kitchen area. Anyone with any food sensitivities, allergies, special dietary needs or specific dietary inquiries or concerns should consult a medical professional of his/her own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at our website for content updates. This information is current as of February 16, 2017. We update this information from time to time to reflect changes in our products. If you have any questions about our menu and/or ingredients, please contact us at: (877)99-STAR (7827).





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<b>GRILLED BURRITOS</b>													
Grilled Burrito (Beef)	M,S,W	383	700	280	31	14	1.5	85	1800	71	8	5	36
Grilled Burrito (Chicken)	M,S,W	352	630	200	23	11	1.5	80	1650	70	7	4	36
Bean, Rice and Cheese Burrito	M,S,W	296	540	190	21	11	1.5	40	1360	67	7	4	21
<b>TACOS</b>													
Hard Taco (Beef)	M,S	83	210	110	12	5	0	30	280	14	2	0	11
Soft Taco (Chicken)	M,S,W	124	200	80	8	4	0.5	45	650	17	0	0	16
<b>OTHER ITEMS</b>													
Quesadilla	M,S,W	157	550	290	32	18	1.5	80	1110	40	2	1	25
Quesadilla (Chicken)	M,S,W	214	640	310	34	19	1.5	120	1410	43	2	1	39
Super Nachos (Beef)	M,S	274	560	260	29	8	3	35	1390	57	9	5	17
Super Nachos (Chicken)	M,S,W	293	570	240	27	8	3	55	1490	57	9	4	25
Taco Salad (Beef)	M,S,W	506	920	500	56	17	5	70	1920	72	8	5	35
Taco Salad (Chicken)	M,S,W	548	960	460	51	15	4.5	110	2080	74	7	5	50
Chicken Bowl	M,S,W	332	430	100	11	3	0	60	1370	55	5	4	27
<b>SIDE ITEMS</b>													
Refried Beans	S	117	140	10	1.5	0	0	0	590	24	8	1	8
Rice	S	143	200	20	2.5	0	0	0	660	40	1	1	4
Sour Cream	M	40	50	30	3.5	2	0	15	40	3	0	3	2
Chips & Salsa		95	310	150	17	3.5	0	0	380	37	5	2	4
Jalapeno Poppers	M,W	149	470	260	29	8	0	35	1320	42	3	4	9



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\* All ingredients contain zero grams of artificial trans fat per serving.

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