

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>											
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
Culver's Bacon Deluxe, Single	7.9	573	34	306	16	1	108	1067	34	1	26
Culver's Bacon Deluxe, Double	10.16	751	47	418	22	1	175	1351	34	1	43
Culver's Bacon Deluxe, Triple	12.77	931	59	530	27	2	243	1636	34	1	59
Culver's Deluxe, Single	7.65	494	27	243	14	1	93	857	34	1	22
Culver's Deluxe, Double	9.96	671	40	355	19	1	160	1061	34	1	39
Culver's Deluxe, Triple	12.27	851	52	467	25	2	229	1346	34	1	55
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
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	183	1185	31	1	49
Cheddar ButterBurger with Bacon, Triple	11.85	981	59	531	28	2	258	1355	31	1	68
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 Cheddar Melt, Single	6.12	413	20	176	10	1	85	600	33	0	25
Sourdough Cheddar Melt, Double	9.21	636	35	311	17	1	160	770	33	0	44
Sourdough Cheddar Melt, Triple	12.3	858	50	446	25	2	235	941	34	0	63
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>											
Angus Philly Steak Sandwich	8.54	468	21	185	9	0	98	973	35	0	38
Beef Pot Roast Sandwich	6.31	363	12	108	7	1	60	948	33	1	24
Cheese Hot Dog	5.11	407	26	234	10	1	66	1140	26	1	17
Chicken Tenders, Breaded, 4 piece	6.49	440	20	180	4	2	80	1152	32	4	36
Chili Dog with Bun	5.61	379	24	215	9	1	58	1210	28	1	15
Crispy Chicken Filet Sandwich	7.62	578	35	311	12	0	55	1056	50	3	27
Flame Roasted Chicken Sandwich	7.09	398	9	99	3	0	65	990	36	1	21
Grilled Ham 'n' Swiss on Rye	8.47	497	23	226	13	0	136	1992	33	2	37
Grilled Reuben Melt	10.62	588	31	275	13	1	112	1950	41	2	39
Hot Dog	6.63	392	22	198	8	1	50	1441	38	1	13
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	8.55	570	33	296	18	0	88	1437	35	0	40
Turkey BLT	9.49	562	31	279	15	0	106	1923	36	0	34
Turkey, Stacked, Sandwich	8.22	450	19	167	9	0	71	1642	47	2	26
<b>Dinners</b>											
Angus Chicken Fried Steak Dinner	20.39	880	42	377	15	2	106	1899	87	7	41
Beef Pot Roast Dinner	21.73	769	39	350	25	1	134	1710	73	8	34
Butterfly Crispy Shrimp, 6 piece	18.01	1285	62	556	11	0	88	2216	151	9	30
Butterfly Crispy Shrimp, 10 piece	21.11	1525	74	664	13	0	120	2796	171	10	42
Chopped Steak Dinner	23.4	873	52	472	24	1	189	1277	63	9	41
Fresh Fried Chicken, 2 piece	25.26	1755	94	844	21	1	340	3226	140	6	87
Fresh Fried Chicken, 4 piece	31.75	2185	116	1042	28	2	465	3806	158	6	124
North Atlantic Cod Filet, 2 piece	23.14	1831	116	1042	18	1	168	2118	135	8	54
North Atlantic Cod Filet, 3 piece	27.8	2121	134	1204	20	2	208	2568	147	9	76
<b>Sides</b>											
Chili Cheddar Fries	8.82	607	29	264	8	0	32	482	72	5	15
Cole Slaw	5.29	350	21	189	4	0	25	690	37	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	150	13	113	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 & 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
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
<b>Salad Dressings (Choices vary at restaurants)</b>											
Bleu Cheese, Fancy, Chunky	1.76	310	33	297	6	1	20	480	2	0	1
Caesar Dressing	1.76	220	23	207	5	0	35	580	2	0	2
French	1.76	190	13	117	2	0	0	320	19	0	0
French, Reduced Calorie	1.76	140	9	81	2	0	0	400	16	0	0

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 10/09

# Nutrition

## Culver's Nutritional Guide



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 for the most up-to-date nutrition  
 and allergen information.

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>Salad Dressings (continued)</b>											
Ranch, Buttermilk	1.76	230	24	216	4	0	20	500	3	0	1
Ranch, Reduced Calorie	1.76	130	12	108	2	0	20	280	5	0	1
Raspberry Vinaigrette Reduced Calorie	1.9	45	0	0	0	0	0	170	11	0	0
Sesame Ginger Dressing	1.9	70	0	0	0	0	0	400	16	0	1
Thousand Island	2.12	220	18	162	2	0	20	460	14	0	0
<b>Soups (Choices vary at restaurants)</b>											
Baja Chicken Enchilada	10.58	352	23	207	11	1	87	1487	21	4	16
Bean with Ham	10.58	190	3	27	1	0	7	1262	33	9	9
Boston Clam Chowder	10.58	252	11	99	3	1	24	1344	25	1	12
Broccoli Cheese with Florets	10.58	240	14	126	7	0	42	1380	16	1	11
Cauliflower Cheese	10.58	252	14	126	6	1	24	1139	23	1	8
Cheer Brat Soup	10.58	380	25	235	8	0	50	1800	26	0	13
Cheesy Chicken Tortilla	10.58	180	7	65	4	0	36	1764	16	1	12
Chicken & Dumpling	10.58	300	22	194	9	3	54	1248	19	1	9
Chicken Gumbo	10.58	120	6	50	2	0	24	1224	13	1	5
Chicken Noodle	10.58	112	2	18	1	0	69	1550	14	1	9
Corn Chowder	10.58	276	13	117	3	0	18	996	35	4	7
Cream of Broccoli	10.58	185	10	90	5	0	30	1548	16	1	8
French Onion	10.97	129	7	59	2	1	6	2010	11	0	7
George's Chili	10.58	336	18	162	6	0	42	768	27	6	18
George's Chili Supreme	11.32	458	29	261	14	0	67	823	26	5	24
Italian Style Wedding	10.58	275	6	54	3	0	12	1475	44	2	11
Lumberjack Mixed Vegetable	10.58	150	6	54	3	0	7	1662	21	7	4
Minestrone	10.58	100	1	9	0	0	0	1175	19	4	4
Mushroom Medley	10.58	252	16	144	4	4	13	1512	20	1	6
Oven Roasted Turkey Noodle	10.58	175	5	45	2	0	44	1312	21	1	11
Potato Au Gratin	10.58	350	22	198	11	1	56	1237	28	1	11
Potato with Bacon	10.58	225	9	81	2	1	19	1288	28	4	8
Split Pea with Ham	10.58	262	9	81	3	0	13	1462	32	12	13
Stuffed Green Pepper with Beef	10.58	150	3	27	1	0	6	1300	25	1	6
Tomato Basil Raviolletti	10.58	112	3	27	1	0	6	650	18	1	4
Tomato Florentine	10.58	112	1	9	0	0	0	1325	21	1	4
Vegetable Beef & Barley	10.58	112	4	36	1	0	13	1300	14	3	7
Wild & Brown Rice with Chicken	10.58	452	22	198	7	1	106	1200	27	1	37
Wisconsin Cheese	10.58	375	24	216	11	3	37	1487	29	1	11
<b>Classic Sundaes</b>											
Banana Split, 2 Scoop	17.5	1084	64	573	28	1	230	339	115	6	16
Banana Split, 3 Scoop	21.45	1348	75	673	35	1	286	445	152	6	20
Bananas Foster Sundae, 1 Scoop	7.8	421	20	184	11	1	102	170	53	2	6
Bananas Foster Sundae, 2 Scoop	13.37	787	41	367	23	3	203	340	93	2	11
Bananas Foster Sundae, 3 Scoop	18.41	1018	51	461	29	3	265	388	123	4	15
Caramel Apple Pecan Sundae, 1 Scoop	7.34	517	30	269	13	1	112	214	55	1	8
Caramel Apple Pecan Sundae, 2 Scoop	13.26	913	49	444	25	1	224	372	103	1	14
Caramel Apple Pecan Sundae, 3 Scoop	15.98	1070	58	526	31	1	278	414	119	2	17
Caramel Cashew, 1 Scoop	7.09	586	33	301	15	1	112	274	58	1	11
Caramel Cashew, 2 Scoop	12.66	960	51	463	26	1	216	426	104	1	17
Caramel Cashew, 3 Scoop	15.49	1136	62	557	32	1	278	474	121	1	21
Fudge Pecan Sundae, 1 Scoop	7.09	606	42	379	15	1	108	245	51	2	10
Fudge Pecan Sundae, 2 Scoop	12.66	980	62	557	28	1	209	372	94	2	16
Fudge Pecan Sundae, 3 Scoop	15.13	1134	71	639	34	1	263	414	110	2	19
Turtle Sundae, 1 Scoop	7.09	606	41	371	15	1	110	258	53	2	10
Turtle Sundae, 2 Scoop	12.66	980	60	542	27	1	212	397	97	2	16
Turtle Sundae, 3 Scoop	15.49	1156	71	635	33	1	274	445	114	2	19
<b>Scoopie Kid's Meals</b>											
ButterBurger	5.43	346	12	104	5	1	65	700	35	1	19
ButterBurger, Cheese	5.93	396	16	144	8	1	78	955	36	1	22
Chicken Tenders, Breaded, 2 piece	3.25	220	10	90	2	1	40	576	16	2	18
Corn Dog	2.65	260	14	126	4	1	35	540	26	0	8
Crinkle Cut Fries	3.53	275	12	108	2	0	0	40	38	3	4
Grilled Cheese	3.77	290	14	121	7	0	35	860	33	0	11
Hot Dog with Bun	5.4	366	22	198	8	1	50	1310	30	1	13
<b>Cones and Frozen Custard</b>											
Chocolate Cake Cone, 1 Scoop	5.19	319	14	126	9	0	88	123	40	1	6
Chocolate Cake Cone, 2 Scoop	9.77	592	27	243	17	0	170	223	73	3	12
Chocolate Cake Cone, 3 Scoop	12.24	739	34	306	21	0	214	277	90	3	15
Chocolate Dipped Waffle Cone	1.8	239	10	92	8	0	1	83	37	2	3
Chocolate Dipped Waffle Cone, 1 Scoop	6.74	533	24	218	17	0	89	191	72	3	9
Chocolate Frozen Custard, 1 Pint	13.76	819	39	351	25	0	246	300	98	4	17
Chocolate Frozen Custard, 1 Quart	27.87	1659	79	711	50	0	498	608	198	8	35
Chocolate, Dish, 1 Scoop	4.94	294	14	126	9	0	88	108	35	1	6
Chocolate, Dish, 2 Scoop	9.52	567	27	243	17	0	170	208	68	3	12
Chocolate, Dish, 3 Scoop	11.99	714	34	306	21	0	214	262	85	3	15
Chocolate, Waffle Cone, 1 Scoop	5.75	384	15	135	9	0	88	143	55	2	8
Chocolate, Waffle Cone, 2 Scoop	10.34	657	28	252	17	0	170	243	88	4	14
Chocolate, Waffle Cone, 3 Scoop	12.8	804	35	315	21	0	214	297	105	4	17
Mini Scoop Chocolate Cake Cone	3.07	193	8	72	5	0	50	77	25	1	4
Mini Scoop Vanilla Cake Cone	3.07	201	10	94	6	0	62	63	22	0	3
No Sugar Added Caramel Fudge Swirl	3.28	205	11	99	6	0	70	95	30	7	5
Oreo Frozen Custard Sandwich, Chocolate	3.53	277	12	104	5	0	44	304	40	2	5
Oreo Frozen Custard Sandwich, Mint	3.53	284	14	122	6	0	54	292	37	1	5
Oreo Frozen Custard Sandwich, Vanilla	3.53	284	14	122	6	0	54	292	37	1	5
Plain Cake Cone	0.25	25	0	0	0	0	0	15	5	0	0
Plain Waffle Cone	0.81	90	1	9	0	0	0	15	5	0	2
Vanilla Cake Cone, 1 Scoop	5.19	333	18	164	10	1	108	99	35	0	11
Vanilla Cake Cone, 2 Scoop	9.77	619	35	316	22	1	208	177	63	0	11
Vanilla Cake Cone, 3 Scoop	12.24	773	44	398	27	1	262	219	78	0	14
Vanilla Frozen Custard, 1 Pint	13.76	858	51	456	31	2	300	234	84	0	16
Vanilla Frozen Custard, 1 Quart	27.87	1738	103	924	63	3	608	474	170	0	32
Vanilla, Chocolate Dipped Waffle Cone, 1 Scoop	6.74	547	28	256	19	1	109	167	67	2	9
Vanilla, Dish, 1 Scoop	4.94	308	18	164	11	1	108	84	30	0	6

Sugars listed on website.

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<b>Cones and Frozen Custard (continued)</b>											
Vanilla, Dish, 2 Scoop	9.52	594	35	316	22	1	208	162	58	0	11
Vanilla, Dish, 3 Scoop	11.99	748	44	398	27	1	262	204	73	0	14
Vanilla, Waffle Cone, 1 Scoop	5.75	398	19	173	11	1	108	119	50	1	8
Vanilla, Waffle Cone, 2 Scoop	10.34	684	36	325	22	1	208	197	78	1	13
Vanilla, Waffle Cone, 3 Scoop	12.8	838	45	407	27	1	262	239	93	1	16
<b>Concrete Mixers</b>											
Chocolate Concrete Mixer, Short	12.91	810	40	363	25	1	239	290	99	0	13
Chocolate Concrete Mixer, Medium	15.87	996	49	445	30	2	293	358	122	0	16
Chocolate Concrete Mixer, Tall	18.84	1182	58	527	36	2	347	426	145	0	19
Turtle Concrete, Short	12.03	914	59	535	26	1	218	342	83	2	15
Turtle Concrete, Medium	15.49	1156	71	635	33	1	274	445	114	2	19
Turtle Concrete, Tall	20	1464	86	771	43	2	353	567	153	2	24
Vanilla Concrete Mixer, Short	10.93	682	40	363	25	1	239	186	67	0	12
Vanilla Concrete Mixer, Medium	13.4	836	49	445	30	2	293	228	82	0	15
Vanilla Concrete Mixer, Tall	15.87	990	58	527	36	2	347	270	97	0	18
<b>Malts • Shakes • Floats</b>											
Chocolate Malt, Medium	15.87	968	45	402	27	0	262	382	122	0	18
Chocolate Malt, Short	12.42	738	36	325	22	0	214	275	89	0	14
Chocolate Malt, Tall	19.82	1259	54	484	32	0	311	530	168	0	23
Chocolate Shake, Medium	15.87	912	44	393	27	0	262	354	114	0	16
Chocolate Shake, Short	12.91	742	36	321	22	0	214	287	93	0	13
Chocolate Shake, Tall	18.84	1083	52	466	32	0	311	422	136	0	19
Culver's Root Beer Float, Medium	19.94	548	18	164	11						