



Whataburger

Item	Calories	Sat Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Egg Sandwich	310	5	740	34	1	15
Taquito, No Cheese	380	8	630	28	1	14
Hash Brown Sticks	190	2	500	21	2	2
Sandwiches						
Grilled Chicken Sandwich	405	2	910	46	5	32
Whataburger Jr.®	310	3	580	36	2	14
Whatacatch® Sandwich	495	4	890	59	5	19
Chicken Fajita Taco	345	4	1340	31	3	29
Nuggets						
Whatachick'n® Bites 6 Piece	450	5	1,190	33	2	30
Whatachick'n® Strips 3 Piece	550	7	1370	40	3	25
Salads						
Apple & Cranberry Salad	385	7	780	38	11	33
Garden Salad	160	6	250	10	9	9
Garden Salad with Grilled Chicken	290	7	840	12	10	33
Sides						
Apple Slices	30	0	0	8	1	0
French Fries (Small)	280	2	170	35	3	3

Fall 2019