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Whataburger

Item	Calories	Sat Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Egg Sandwich (wheat bun)	350	5	620	41	1	17
Potato Taquito, No Cheese	405	7	880	38	1	15
Hash Brown Sticks	190	2	500	21	2	2
Sandwiches - wheat bun						
Grilled Chicken Sandwich	410	2	910	46	5	32
Whataburger Jr.®	310	3	580	36	2	14
Whatacatch® Sandwich	535	4	770	66	7	21
Chicken Fajita Taco	335	4	1340	31	3	29
Grilled Chicken Melt - no cheese	365	1	1040	46	5	32
Nuggets - sub ketchup for gravy - toast not included						
Whatachick'n® Bites 6 Piece	390	3	780	25	2	30
Whatachick'n® Strips 3 Piece	490	5	960	32	3	25
Salads - without dressing						
Apple & Cranberry Salad	385	7	780	38	11	33
Garden Salad	160	6	250	10	9	9
Garden Salad with Grilled Chicken	290	7	810	12	10	33
Sides						
Apple Slices	30	0	0	8	1	0
French Fries (Small)	280	2	170	35	3	3
Herb Vinaigrette Dressing	35	0	460	5	0	0

Winter 2020