



◊Menu item may not be available at all A&W Restaurants.

A&W Nutrition & Allergen Information														
Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergen Statement		
PROTEINS														
1 Pc. Hand-Breaded Chicken Tenders ◊	52	90	25	3	1	0	40	370	2	0	13	Contains Egg, Milk, MSG, Soy, Wheat.		
3 Pc. Hand-Breaded Chicken Tenders ◊	156	260	80	9	2.5	0	125	1100	5	1	40	Contains Egg, Milk, MSG, Soy, Wheat.		
3 Piece Chicken Strips - Freezer to Fryer ◊	176	370	160	18	2.5	0	55	1190	29	2	8	Contains Sesame, Wheat.		
5 Pc. Hand-Breaded Chicken Tenders ◊	260	430	140	15	4	0	210	1830	8	2	0	67 Contains Egg, Milk, MSG, Soy, Wheat.		
Grilled Tender - 1 Tender ◊	73	70	15	1.5	0	0	40	240	0	0	0	7 None.		
Grilled Tenders - 3 Tenders ◊	218	220	40	4.5	1	0	120	630	0	0	0	20 None.		
Grilled Tenders - 5 Tenders ◊	363	360	70	8	1.5	0	200	1180	0	0	0	33 None.		
Chicken Club Sandwich - Grilled ◊	291	440	130	14	3.5	0	85	1220	39	1	8	22 Contains Egg, Milk, Soy, Wheat.		
Chicken Club Sandwich - Hand Breaded ◊	250	470	150	17	5	0	85	1370	43	2	9	36 Contains Egg, Milk, MSG, Soy, Wheat.		
Chicken Sandwich - Grilled ◊	272	380	80	9	1	0	85	970	40	1	8	19 Contains Egg, Wheat.		
Chicken Sandwich - Hand Breaded ◊	230	410	110	12	2	0	85	1130	43	2	8	33 Contains Egg, Milk, MSG, Soy, Wheat.		
Chicken Slider - Grilled ◊	127	200	50	6	0.5	0	45	600	19	0	3	10 Contains Egg, Wheat.		
Chicken Slider - Hand Breaded ◊	106	220	60	7	1.5	0	45	680	21	0	3	16 Contains Egg, Milk, MSG, Soy, Wheat.		
Crispy Chicken Club Sandwich - FTF ◊	260	540	230	25	5	0	40	1510	52	2	12	26 Contains Egg, Milk, Sesame, Soy, Wheat.		
Crispy Chicken Sandwich FTF ◊	240	480	180	20	2.5	0	40	1270	51	2	12	23 Contains Egg, Sesame, Wheat.		
BBQ Bacon Crunch Cheeseburger - Double ◊	269	760	423	47	18	1.5	90	1450	51	1	14	36 Contains Milk, Wheat.		
BBQ Bacon Crunch Cheeseburger - Single ◊	198	550	270	30	11	0.5	50	1050	50	1	13	22 Contains Milk, Wheat.		
Beyond Bacon Cheeseburger ◊	252	510	240	27	8	0.5	5	1110	46	3	9	25 Contains Egg, Milk, Wheat.		
Beyond Burger ◊	250	500	220	25	6	0	5	990	51	4	13	22 Contains Egg, Wheat.		
Cheeseburger	175	410	170	19	7	1.5	40	910	42	1	10	19 Contains Milk, Wheat.		
Double Cheeseburger	242	600	310	34	13	2.5	75	1260	42	1	10	31 Contains Milk, Wheat.		
Hamburger	161	360	130	14	4	1.5	40	680	41	1	9	16 Contains Wheat.		
Original Bacon Cheeseburger - Double	296	690	390	43	16	2	95	1410	42	2	10	36 Contains Egg, Milk, Wheat.		
Original Bacon Cheeseburger - Single	225	480	230	26	9	1	50	1010	41	2	9	23 Contains Egg, Milk, Wheat.		
Papa Burger - Double	282	650	360	40	14	1.5	80	1260	42	2	11	31 Contains Egg, Milk, Wheat.		
Papa Burger - Single	214	460	220	24	8	0.5	45	920	42	2	10	19 Contains Egg, Milk, Wheat.		
Spicy Papa Burger - Double	300	660	360	40	14	1.5	80	1660	44	2	12	31 Contains Egg, Milk, Wheat.		
Spicy Papa Burger - Single	233	470	216	24	8	0.5	45	1400	43	2	11	19 Contains Egg, Milk, Wheat.		
Mushroom Onion Melts - Burger - Double	235	590	300	34	13	1.5	100	1480	39	1	7	32 Contains Milk, Wheat.		
Mushroom Onion Melts - Burger - Single	167	400	170	19	7	0.5	50	1150	38	1	7	19 Contains Milk, Wheat.		
Mushroom Onion Melts - Texas Toast Double	245	640	370	41	16	1.5	90	1820	35	2	4	36 Contains Milk, Soy, Wheat.		
Mushroom Onion Melts - Texas Toast Single	175	430	220	24	9	0.5	50	1420	34	2	3	22 Contains Milk, Soy, Wheat.		
Corn Dog Nuggets - 10 Pc.	194	540	230	26	5	0	100	670	60	12	12	17 Contains Egg, Milk, Soy, Wheat.		
Corn Dog Nuggets - 5 Pc.	97	270	120	13	2.5	0	50	330	30	6	6	8 Contains Egg, Milk, Soy, Wheat.		
Bacon Cheese Dog ◊	146	390	225	25	9	1	45	1010	29	1	3	15 Contains Milk, Sesame, Wheat.		
Coney Cheese Dog	168	380	207	23	9	1	40	1100	31	1	4	15 Contains Milk, Sesame, Soy, Wheat.		
Coney Dog	139	340	180	20	7	1	40	890	29	1	4	14 Contains Sesame, Soy, Wheat.		
Footlong Coney Cheese Dog ◊	335	730	400	44	16	1.5	85	2340	56	1	9	26 Contains Milk, Soy, Wheat.		
Footlong Coney Dog ◊	278	650	340	38	14	1.5	80	1910	52	1	9	24 Contains Soy, Wheat.		
Footlong Hot Dog Regular ◊	250	640	320	36	13	2.5	70	1660	55	0	13	20 Contains Wheat.		
Hot Dog Regular	125	330	171	19	7	1.5	35	770	31	1	6	12 Contains Sesame, Wheat.		
Pork Tenderloin Sandwich◊	242	470	120	13	2	0.5	50	1070	63	2	8	19 Contains Egg, Milk, Soy, Wheat.		
2 Pc. Pub Cod Sandwich◊	364	940	460	51	6	0	70	1810	85	3	9	33 Contains Egg, Fish, Wheat.		
Pub Battered Cod A La Carte - 2 Pc.◊	306	890	550	61	8	0	85	1780	57	2	9	27 Contains Egg, Fish, Milk, Wheat.		
Pub Battered Cod A La Carte - 3 Pc.◊	259	850	620	68	8	0	65	930	75	0	9	11 Contains Egg, Fish, Milk, Wheat.		
Pub Battered Cod Slider◊	121	360	200	22	2.5	0	20	490	41	0	4	7 Contains Egg, Fish, Milk, Wheat.		
Shrimp - 16 Pc.◊	161	480	230	26	6	0	150	1010	45	3	1	18 Contains Milk, Shellfish, Wheat.		
SIDES														
Cheese Curds, Large 10oz	291	1060	660	74	38	2	195	1770	44	2	4	52 Contains Egg, Milk, Soy, Wheat.		
Cheese Curds, Small 5oz	146	530	330	37	19	1	100	890	22	1	2	26 Contains Egg, Milk, Soy, Wheat.		
Cheese Fries - Large	299	680	260	29	8	0	10	2090	90	9	2	12 Contains Milk.		
Cheese Fries - Regular	271	640	230	26	6	0	10	1870	88	9	2	11 Contains Milk.		
Chili Cheese Fries - Large	298	600	240	27	8	0	20	1700	73	7	3	14 Contains Milk, Soy.		
Chili Cheese Fries - Regular	198	410	160	18	5	0	10	1100	51	5	2	9 Contains Milk, Soy.		
Chili Fries - Large	271	670	270	30	8	0	5	1880	88	8	0	9 Contains Soy.		
Chili Fries - Regular	143	350	140	16	4	0	0	1260	47	4	0	5 Contains Soy.		
Coney Cheese Fries - Large	241	510	180	20	5	0	15	1270	68	7	3	12 Contains Milk, Soy.		
Coney Fries - Large	170	370	130	15	4	0	10	880	49	5	2	8 Contains Soy.		
Fries - Large 5.5oz	157	430	153	17	4	0	0	1220	61	1	0	5 None.		
Fries - Regular 4oz	115	310	108	12	3	0	0	1050	44	1	0	4 None.		
Onion Rings - Large 12 Pc.	224	380	60	7	0	0	0	1810	67	2	9	9 Contains Milk, Wheat.		
Onion Rings - Regular 8 Pc.	149	250	45	4.5	0	0	0	1200	45	1	6	6 Contains Milk, Wheat.		
Slaw 4oz	113	130	100	11	2	0	0	270	9	3	7	1 Contains Egg.		
KID'S MEALS														
2 Pc. Hand-Breaded Chicken Tender Kid's Meal	402-421	243-524	54-149	6-17	2-5	0	83-98	745-1203	21-55	1-2	17-22	27-37	Contains Egg, Milk, Sesame, Soy, Wheat.	
5 Pc. Corn Dog Nuggets Kid's Meal	395-414	338-619	116-210	13-23	3-6	0	50-65	345-803	48-82	6-7	23-28	8-18	Contains Egg, Milk, Sesame, Soy, Wheat.	
Cheeseburger Kid's Meal	473-492	480-761	167-261	19-29	7-10	2	38-53	926-1384	60-94	1-2	27-32	19-29	Contains Milk, Sesame, Wheat.	
Hamburger Kid's Meal	459-478	430-711	126-221	14-25	4-8	2	38-53	691-1149	59-93	1-2	26-31	16-26	Contains Milk, Sesame, Soy, Wheat.	
Hot Dog Kid's Meal	402-421	380-661	171-266	19-30	7-11	1	35-50	692-1150	44-78	1-2	20-25	12-22	Contains Milk, Sesame, Soy, Wheat.	

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The recommended limits for a 2,000-calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

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Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergen Statement	
SWEETS & TREATS													
Chocolate Cone - Kids 4oz ⁰	119	220	47	5	4	0	19	122	36	1	29	4	Contains Milk, Soy, Wheat.
Chocolate Cone - Regular 5.5oz ⁰	162	293	63	7	5	0	27	163	48	1	39	6	Contains Milk, Soy, Wheat.
Vanilla Cone - Kids 4oz	119	206	53	6	4	0	23	126	30	0	24	5	Contains Milk, Soy, Wheat.
Vanilla Cone - Regular 5.5oz	162	274	72	8	5	0	31	168	39	0	33	6	Contains Milk, Soy, Wheat.
Float, Diet Root Beer, 16oz	411	159	45	5	3	0	20	158	22	0	21	4	Contains Milk.
Float, Diet Root Beer, 20oz	468	159	45	5	3	0	20	168	22	0	21	4	Contains Milk.
Float, Diet Root Beer, 30oz	737	318	89	10	7	0	40	299	44	0	42	8	Contains Milk.
Float, Pepsi, Large	794	580	89	10	7	0	40	256	116	0	114	8	Contains Milk.
Float, Pepsi, Regular	468	321	45	5	3	0	20	135	67	0	66	4	Contains Milk.
Float, Pepsi, Small	411	296	45	5	3	0	20	129	60	0	59	4	Contains Milk.
Float, Root Beer, 16oz	411	315	45	5	3	0	20	151	60	0	59	4	Contains Milk.
Float, Root Beer, 20oz	468	343	45	5	3	0	20	161	66	0	65	4	Contains Milk.
Float, Root Beer, 30oz	737	587	89	10	7	0	40	288	109	0	107	8	Contains Milk.
Freeze, Diet Root Beer, 16oz	397	272	77	9	6	0	34	213	37	0	36	7	Contains Milk.
Freeze, Diet Root Beer, 20oz	539	363	102	11	8	0	45	285	50	0	48	9	Contains Milk.
Freeze, Diet Root Beer, 30oz	822	635	179	20	14	0	79	477	87	0	83	16	Contains Milk.
Freeze, Pepsi, Large	879	848	179	20	14	0	79	444	146	0	142	16	Contains Milk.
Freeze, Pepsi, Regular	539	500	102	11	8	0	45	257	88	0	86	9	Contains Milk.
Freeze, Pepsi, Small	397	372	77	9	6	0	34	192	65	0	63	7	Contains Milk.
Freeze, Root Beer, 16oz	397	386	77	9	6	0	34	208	65	0	63	7	Contains Milk.
Freeze, Root Beer, 20oz	539	519	102	11	8	0	45	279	88	0	85	9	Contains Milk.
Freeze, Root Beer, 30oz	822	848	179	20	14	0	79	468	139	0	134	16	Contains Milk.
Polar Swirl, Cookie Dough, 12oz	331	672	221	25	15	0	57	443	93	1	76	13	Contains Milk, Soy, Wheat.
Polar Swirl, Cookie Dough, 16oz	388	763	247	27	17	0	68	500	106	1	88	15	Contains Milk, Soy, Wheat.
Polar Swirl, Cookie Dough, 20oz	494	996	326	36	22	0	85	656	138	1	113	19	Contains Milk, Soy, Wheat.
Polar Swirl, M&M, 12oz	360	817	255	28	19	0	62	337	118	2	109	15	Contains Milk, Soy.
Polar Swirl, M&M, 16oz	417	908	280	31	21	0	74	393	130	2	121	17	Contains Milk, Soy.
Polar Swirl, M&M, 20oz	536	1205	375	42	27	0	93	502	174	3	161	22	Contains Milk, Soy.
Polar Swirl, Oreo, 12oz	328	665	148	16	11	0	57	456	95	1	78	13	Contains Milk, Soy, Wheat.
Polar Swirl, Oreo, 16oz	385	756	173	19	13	0	68	513	107	1	90	15	Contains Milk, Soy, Wheat.
Polar Swirl, Oreo, 20oz	490	986	220	24	16	0	85	675	140	1	116	20	Contains Milk, Soy, Wheat.
Polar Swirl, Reese's Peanut Butter Cup, 12oz	331	693	252	28	15	0	60	431	90	2	85	16	Contains Milk, Peanut, Soy.
Polar Swirl, Reese's Peanut Butter Cup, 16oz	388	784	277	31	17	0	72	488	103	2	97	19	Contains Milk, Peanut, Soy.
Polar Swirl, Reese's Peanut Butter Cup, 20oz	494	1027	371	41	22	0	90	638	134	3	126	24	Contains Milk, Peanut, Soy.
Shake, Chocolate 16oz	358	548	149	17	11	0	62	293	80	1	73	15	Contains Milk.
Shake, Chocolate 20oz	500	776	196	22	15	0	82	414	119	1	108	20	Contains Milk.
Shake, Chocolate 30oz	699	1073	262	29	20	0	111	579	167	2	152	26	Contains Milk.
Shake, Strawberry 16oz	358	515	147	16	11	0	62	271	72	0	67	15	Contains Milk, Sesame.
Shake, Strawberry 20oz	500	710	191	21	14	0	82	370	104	1	97	19	Contains Milk, Sesame.
Shake, Strawberry 30oz	699	973	255	28	19	0	111	513	144	1	110	24	Contains Milk, Sesame.
Shake, Vanilla 16oz	358	540	147	16	11	0	62	278	78	0	72	15	Contains Milk.
Shake, Vanilla 20oz	500	760	191	21	14	0	82	386	116	0	106	19	Contains Milk.
Shake, Vanilla 30oz	670	987	255	28	19	0	111	528	147	0	135	24	Contains Milk.
Sundae, Chocolate, Regular	202	367	98	11	7	0	40	178	55	1	49	11	Contains Milk.
Sundae, Hot Caramel, Regular	202	373	99	11	7	0	40	197	56	0	47	11	Contains Milk, Soy.
Sundae, Hot Fudge, Regular	202	420	134	15	11	0	40	208	59	0	48	11	Contains Milk, Soy.
Sundae, Strawberry, Regular	202	333	96	11	7	0	40	156	47	0	44	10	Contains Milk, Sesame.
ROOT BEER													
Diet Root Beer, 1/2 Gallon	1920	0	0	0	0	0	0	576	0	0	0	0	None.
Diet Root Beer, Gallon	3840	0	0	0	0	0	0	1152	0	0	0	0	None.
Diet Root Beer, Kid's, 12 oz.	340	0	0	0	0	0	0	108	0	0	0	0	None.
Diet Root Beer, Large, 30 oz.	900	0	0	0	0	0	0	270	0	0	0	0	None.
Diet Root Beer, Regular, 20 oz.	600	0	0	0	0	0	0	180	0	0	0	0	None.
Diet Root Beer, Small, 16 oz.	480	0	0	0	0	0	0	144	0	0	0	0	None.
Root Beer, 1/2 Gallon	1920	928	0	0	0	0	0	432	250	0	240	0	None.
Root Beer, Gallon	3840	1856	0	0	0	0	0	864	500	0	480	0	None.
Root Beer, Kids, 12 oz.	340	150	0	0	0	0	0	30	43	0	43	0	None.
Root Beer, Large, 30 oz.	900	440	0	0	0	0	0	200	117	0	117	0	None.
Root Beer, Regular, 20 oz.	600	290	0	0	0	0	0	135	78	0	75	0	None.
Root Beer, Small, 16 oz.	480	230	0	0	0	0	0	108	63	0	60	0	None.
SAUCES													
Cheese Sauce 2oz	57	80	60	6	2.5	0	5	430	5	0	0	2	Contains Milk.
Coney Sauce 2oz	57	60	20	2.5	1	0	10	420	5	1	2	5	Contains Soy.
Ketchup 2oz	57	50	0	0	0	0	0	630	13	0	13	0	None.
Marinara 2oz	57	30	5	1	0	0	0	180	6	1	4	1	None.
Mustard 2oz	57	45	15	1.5	0	4	0	690	4	0	0	2	None.
Papa Sauce 2oz	57	260	210	24	3.5	0	20	700	9	0	9	0	Contains Egg.
Spicy Papa Sauce 2oz	57	260	216	24	4	0	20	690	12	0	10	0	Contains Egg.
Tartar Sauce 2oz	57	200	150	16	2.5	0	20	490	13	0	9	0	Contains Egg.

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