

# NUTRITIONAL INFORMATION

PRODUCTS	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)
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2,000 Calories is used for general nutrition advice, but calorie needs may vary.

## BREAKFAST

### MADE FROM SCRATCH™ BISCUITS & BREAKFAST FAVORITES

Sausage & Egg Biscuit	E,M,S,W	177	600	350	39	16	0	225	1290	44	2	4	19
Country Ham Biscuit	M,S,W	134	410	190	21	11	0	35	1670	42	2	4	16
Hand-Breaded Chicken Biscuit	E,M,SS,S,W	227	610	275	31	11	0	75	2780	52	2	4	30
Country-Fried Steak Biscuit	M,S,W	156	550	290	33	14	1	25	1240	49	2	4	14
Bacon, Egg & Cheese Biscuit	E,M,S,W	163	520	260	29	14	0	225	1410	44	2	4	20
Loaded Omelet Biscuit	E,M,S,W	171	520	270	30	15	0	230	1370	46	2	4	19
Monster Biscuit®	E,M,S,W	251	790	470	52	23	0	280	2370	45	2	6	35
Pork Chop 'N' Gravy Biscuit	M,S,W	212	600	280	31	12	1	55	1430	56	3	4	24
Biscuit 'N' Gravy™	M,S,W	241	500	240	27	12	3	10	1460	54	2	5	10
Frisco Breakfast Sandwich®	E,M,S,SS,W	192	450	190	21	8	0	235	1300	42	2	5	24
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	395	950	510	56	20	2	430	2300	76	12	5	31
Hardee Breakfast Platter® - Ham	E,M,S,W	409	860	440	48	17	2.5	415	2210	75	4	6	28
Hardee Breakfast Platter® - Sausage	E,M,S,W	416	1050	610	68	24	2	435	2310	76	12	5	30

### BREAKFAST BITES / BREAKFAST EXTRAS

Hash Rounds® - Small	W	84	260	140	160	3	0	0	320	23	2	1	2
Hash Rounds® - Medium	W	102	320	171	19	4	0	0	400	28	3	1	3
Hash Rounds® - Large	W	144	450	240	27	5	1	0	560	40	4	1	4
French Toast Dips® Entrée	E,M,S,W	186	620	170	19	3.5	0	0	670	106	3	30	9
Plain Biscuit	M,S,W	113	340	150	16	9	0	0	840	41	2	4	6
Sausage Biscuit	M,S,W	140	530	310	34	15	0	30	1210	42	2	4	13
Grits	M,S,W	142	100	25	3	0	0	0	320	17	0	0	2
Cinnamon Roll	M,S,W	160	520	143	16	9	0	0	1060	89	1	57	6

## LUNCH & DINNER

### QUARTER POUND 100% ANGUS BEEF / BURGERS & SANDWICHES

Famous Star® with Cheese	E,M,S,SS,W	283	670	358	40	13	1.5	100	1370	52	4	11	28
Super Star® with Cheese	E,M,S,SS,W	373	950	557	62	22	3	185	1890	54	5	12	50
Frisco - Single	E,M,S,SS,W	277	850	532	59	19	1.5	135	1640	43	3	7	40
Frisco - Double	E,M,S,SS,W	365	1130	730	81	28	3	220	2130	44	4	8	61
Bacon Cheeseburger - Single	E,M,S,SS,W	274	740	411	48	14	2	120	1410	49	0	9	36
Bacon Cheeseburger - Double	E,M,S,SS,W	364	1020	610	68	24	3	205	1930	50	0	10	58
Mushroom & Swiss - Single	M,S,SS,W	224	560	257	29	12	1.5	100	1330	49	3	8	30
Mushroom & Swiss - Double	M,S,SS,W	298	790	413	46	19	2.5	170	1570	49	4	8	49
Big Cheeseburger - Single	M,S,SS,W	226	540	219	24	10	1.5	85	1360	53	4	12	28
Big Cheeseburger - Double	M,S,SS,W	300	760	374	42	17	2.5	155	1600	53	4	13	46
Monster Burger	E,M,S,SS,W	343	1160	707	79	29	3.5	240	2580	49	0	10	68
Big Hot Ham 'N' Cheese™	M,S,SS,W	239	460	132	15	7	0	75	2210	50	2	8	31
Original Hot Ham 'N' Cheese™	M,S,SS,W	159	360	80	9	4	0	35	1380	51	2	9	21
Big Roast Beef	M,S,SS,W	235	520	56	6	3	0	65	1860	48	2	6	29
Original Roast Beef	M,S,SS,W	157	390	40	5	2	0	30	1210	50	2	7	0
Jumbo Chili Dog	S,SS,W	160	400	238	26	9	0	55	1410	24	1	5	16

### CHICKEN AND MORE

Hand-Breaded Chicken Sandwich	E,M,S,SS,W	252	650	290	32	5	0	85	2660	59	2	7	30
Hand-Breaded Chicken BLT	E,M,S,SS,W	303	730	342	38	7	0	110	2840	59	0	8	39
3-Piece Hand-Breaded Chicken Tenders™	E,M,S,W	128	260	110	13	3	0	70	770	13	2	0	25
5-Piece Hand-Breaded Chicken Tenders™	E,M,S,W	213	440	190	21	5	0	115	1290	21	3	0	41
10-Piece Hand-Breaded Chicken Tenders™	E,M,S,W	425	880	380	43	9	0	230	2580	43	6	1	82

### STAR PALS® KIDS MEALS (INCLUDES FRIES)

Kids Meal - 2-Piece Chicken Tenders**	E,M,S,W	165	410	180	20	4	0	45	980	39	4	0	19
Kids Meal - Cheeseburger**	M,S,SS,W	269	620	220	25	8	1	35	1820	84	5	10	18
Kids Meal - Hamburger**	S,SS,W	256	580	190	21	5	1	25	1600	84	5	9	16
Kids Meal - Grilled Cheese**	M,S,SS,W	209	600	248	28	9	0	30	1430	71	3	4	16
Kids Meal - Hot Dog**	S,SS,W	194	580	310	35	10	0	45	1530	52	4	5	15

### SIDES

Fries - Kids		83	240	100	12	2	0	0	480	31	3	0	3
Fries - Small		104	300	130	15	3	0	0	600	39	4	0	3
Fries - Medium		147	420	190	21	4	0	0	850	55	5	0	5
Fries - Large		163	470	205	23	4	0	0	940	61	6	0	5
Crispy Curis® - Small	W	78	240	107	12	3	0	0	600	31	3	0	3
Crispy Curis® - Medium	W	108	340	149	17	4	0	0	840	43	4	0	4
Crispy Curis® - Large	W	135	420	190	21	5	0.5	0	1050	53	4	0	5

### DESSERTS

Cinnamon Roll	M,S,W	160	520	143	16	9	0	0	1060	89	1	57	6
Apple Turnover	M,S,W	85	270	120	13	4	0	5	260	35	1	11	3
Hand-Scooped Ice-Cream Shake™ - Vanilla	M,S +	397	740	320	36	24	0	105	220	87	0	70	13
Hand-Scooped Ice-Cream Shake™ - Chocolate	M,S +	397	710	330	36	24	0	105	270	86	1	64	13
Hand-Scooped Ice-Cream Shake™ - Strawberry	M,S +	397	710	320	36	24	0	105	220	85	0	69	13

### BEVERAGES

Regular Coffee - Small (12 fl. oz)			10	5	0	0	0	0	0	0	1	0	0
Regular Coffee - Medium (16 fl. oz)			15	5	0	0	0	0	0	0	1	0	1
Regular Coffee - Large (20 fl. oz)			15	5	0.5	0	0	0	0	0	2	0	0
Decaffeinated Coffee - Small (12 fl. oz)			10	5	0	0	0	0	0	0	1	0	0
Decaffeinated Coffee - Medium (16 fl. oz)			15	5	0	0	0	0	0	0	1	0	0
Decaffeinated Coffee - Large (20 fl. oz)			15	5	0.5	0	0	0	0	0	2	0	0
Regular Milk - 1% (7 fl. oz)	M		90	20	2	1	0	10	90	10	0	10	7
Simply Orange® Juice (11.5 fl. oz)			160	0	0	0	0	0	0	37	0	33	2
Dasani® Water (16.9 fl. oz)			0	0	0	0	0	0	0	0	0	0	0

\*\*Nutritional information for Star Pals® Kids Meals include Fries, but does not include the drink that comes with the meal.

Items may vary by restaurant.

†Nutrient amounts may vary by flavor. Items may vary by restaurant. All food items are prepared in the same kitchen. Cross-contact may occur, and we cannot guarantee that any menu item does not contain a certain allergen. †ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Tree nuts, W=Wheat, SS=Sesame, ++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 9 principal allergens identified by the FDA, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. For complete nutritional and allergen information, refer to the "Nutritional Info" 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 3-13-2024. 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 visit our website for more information. "Dasani" Water is a registered trademark of The Coca-Cola Company. "Simply" is a registered trademark of Simply Orange Juice Company. © 2024 Hardee's Restaurants LLC. All rights reserved.



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