



NUTRITION INFORMATION

X = Contains Allergens
 # = Prepared in Common Kitchen Area and/or Equipment
 ▲ Contains Ingredient That May Cause Sensitivity

Effective: December 2011

ALLERGENS & SENSITIVITIES

	Serving Size (g or fl. oz)**	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)*	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Caffeine (mg)	Peanuts	Treenuts	Egg	Milk	Wheat	Soybean	Fish	Shellfish	Gluten	MSG****		
SLIDERS																													
Singles																													
Original Slider®	55	140	60	6	2.5	0.5	10	360	13	1	7	0	4	2	4	n/a				#	X	#					▲		
Original Slider® w/ Ketchup	60	140	60	6	2.5	0.5	10	410	15	1	3	7	1	4	2	4	n/a				#	X	#					▲	
Cheeseburger	67	170	80	9	4	0.5	15	550	15	1	3	8	3	4	6	4	n/a				X	X	X					▲	
Jalapeno Cheeseburger	64	160	80	9	4	0.5	15	510	15	1	3	8	3	5	6	4	n/a				X	X	X					▲	
Bacon Cheeseburger	71	220	120	14	6	0.5	25	690	15	1	3	11	3	4	6	4	n/a				X	X	X					▲	
Bacon Jalapeno Cheeseburger	71	220	120	14	6	0.5	25	700	15	1	3	11	3	5	6	4	n/a				X	X	X					▲	
Chicken Ring Slider	73	240	150	17	3	0	35	320	16	1	1	8	1	4	2	4	n/a			X	X	X	#	#	#		▲		
Chicken Ring Slider w/Cheese	81	270	170	19	4.5	0	45	460	16	1	2	10	3	4	6	4	n/a			X	X	X	#	#	#		▲		
Chicken Breast Slider	96	300	170	19	3.5	0	20	510	20	1	1	11	1	4	2	4	n/a			#	X	X	#	#	#		▲		
Chicken Breast Slider w/Cheese	103	330	200	22	5	0	25	650	20	1	2	13	3	4	6	4	n/a			#	X	X	#	#	#		▲		
Fish Slider	85	290	180	20	3.5	0	15	270	18	12	1	9	0	4	1	3	n/a			#	X	X	#	X	#		▲		
Fish Slider w/Cheese	93	320	200	22	5	0	20	410	18	12	2	11	2	4	6	3	n/a			#	X	X	#	X	#		▲		
Traditional Bun with Cheese	33	90	30	3	1.5	0	5	260	12	1	2	4	2	4	6	1	n/a				X	X	X					▲	
Slider Hot Dogs - 1 Slider Dog (select locations)	116	210	110	13	4.5	0	25	730	18	0	2	8	0	4	2	8	n/a					X	X					▲	
Doubles																													
Double Original Slider®	98	240	110	12	5	1	20	660	21	1	2	12	0	6	3	8	n/a				#	X	#					▲	
Double Original Slider® w/Ketchup	107	250	110	12	5	1	20	770	23	1	4	12	2	6	3	8	n/a				#	X	#					▲	
Double Cheeseburger	113	300	150	17	8	1	30	940	20	1	3	15	5	6	11	8	n/a				X	X	X					▲	
Double Cheeseburger w/Ketchup	122	300	150	17	8	1	30	1040	24	1	5	15	7	6	11	8	n/a				X	X	X					▲	
Double Jalapeno Cheeseburger	116	290	150	17	8	1	30	960	23	1	5	15	5	8	11	8	n/a				X	X	X					▲	
Double Bacon Cheeseburger	130	410	240	27	12	1	55	1320	23	1	5	21	7	6	11	8	n/a				X	X	X					▲	
Double Bacon Jalapeno Cheeseburger	130	400	240	27	12	1	55	1330	23	1	5	21	5	8	11	7	n/a				X	X	X					▲	
Double Fish Slider	145	520	350	39	7	0	30	420	24	23	1	17	0	4	1	5	n/a			#	X	X	#	X	#		▲		
Double Fish Slider w/Cheese	161	580	400	44	9	0	45	700	25	23	2	19	5	4	10	6	n/a			#	X	X	#	X	#		▲		
Surf & Turf Slider	157	470	280	32	8	1	35	780	28	13	3	19	1	6	3	10	n/a			#	X	X	#	X	#		▲		
Surf & Turf Slider w/Cheese	172	530	330	36	11	1	45	1060	28	13	4	22	6	6	11	10	n/a			#	X	X	#	X	#		▲		
SLIDER ALTERATIONS																													
Traditional Bun	25	70	5	1	0	0	0	120	12	1	1	2	0	4	1	1	n/a					X						▲	
American Cheese slice	8	30	20	2	2	0	5	140	0	0	0	2	2	0	4	0	n/a				X		X						
Jalapeno Cheese slice	8	20	20	3	2	0	5	140	1	0	0	1	2	1	4	0	n/a				X		X						
Bacon (1 strip)	7	60	45	5	2	0	10	190	0	0	0	3	0	0	0	0	n/a												
Bacon topping	9	40	20	2.5	1	0	10	180	0	0	0	1	0	0	0	1	n/a												
CONDIMENTS DELIVERED ON SLIDERS																													
Ketchup	5	5	0	0	0	0	0	50	1	0	1	0	1	0	0	0	n/a												
Ranch Dressing	14	90	90	9	1.5	0	0	140	1	0	1	0	0	0	0	0	n/a			X	X								▲
BREAKFAST SLIDERS																													
Sausage, Egg, Cheese	114	310	200	22	8	0	200	630	13	1	2	15	3	4	9	8	n/a			X	X	X	X					▲	
Sausage, Cheese	70	250	160	17	7	0	30	570	13	1	2	9	3	4	6	3	n/a			#	X	X	#					▲	
Sausage, Egg	106	280	170	19	7	0	190	500	13	1	2	13	1	4	5	8	n/a			X	X	X	#					▲	
Sausage	62	220	140	15	6	0	25	430	12	1	1	8	1	4	2	3	n/a			#	X	X	#					▲	
Bacon, Egg, Cheese	84	210	110	12	5	0	180	510	13	1	2	12	2	4	8	6	n/a			X	X	X	X					▲	
Bacon, Cheese	40	150	70	8	3.5	0	20	450	12	1	2	7	2	4	6	1	n/a				X	X	X					▲	

3 Rings	72	260	210	24	4.5	0	55	300	6	0	0	9	1	0	1	4	n/a			X	X	X	#	#	#			
6 Rings	143	530	430	47	9	0	105	610	12	0	0	18	2	0	2	9	n/a			X	X	X	#	#	#			
9 Rings	215	790	640	71	14	0	160	910	18	1	0	26	3	0	2	13	n/a			X	X	X	#	#	#			
20 Rings	478	1760	1420	158	31	0	355	2020	41	2	1	58	7	0	5	29	n/a			X	X	X	#	#	#			
Buffalo Chicken Rings																												
3 Rings	73	270	210	24	4.5	0	55	440	7	0	0	9	2	1	1	4	n/a			X	X	X	#	#	#			
6 Rings	146	540	430	48	9	0	110	870	14	1	1	18	5	1	2	9	n/a			X	X	X	#	#	#			
9 Rings	220	810	640	71	14	0	160	1390	22	1	1	26	8	2	3	13	n/a			X	X	X	#	#	#			
20 Rings	488	1790	1430	158	31	0	355	2940	47	2	2	59	16	4	6	29	n/a			X	X	X	#	#	#			
Ranch Chicken Rings																												
3 Rings	73	270	210	24	4.5	0	55	410	7	0	0	9	1	0	1	4	n/a			X	X	X	#	#	#			
6 Rings	146	540	430	48	9	0	110	820	14	1	1	18	2	0	2	9	n/a			X	X	X	#	#	#			
9 Rings	220	810	640	71	14	0	160	1300	21	1	1	27	3	1	4	13	n/a			X	X	X	#	#	#			
20 Rings	488	1790	1430	159	31	0	360	2760	46	2	3	60	7	1	8	29	n/a			X	X	X	#	#	#			
Clam Strips																												
medium	128	210	150	17	2.5	0	15	620	5	0	1	8	2	11	2	45	n/a			X	X	X	#	#	X			
Sack	256	410	310	34	5.5	0	35	1250	9	0	2	16	5	23	5	91	n/a			X	X	X	#	#	X			
Fish Nibblers																												
medium	141	320	140	16	3	0	10	700	28	1	1	16	1	0	1	5	n/a			X	X	X	X	X	X	▲		
Sack	483	1100	480	53	10	0	35	2390	95	3	3	55	5	2	5	17	n/a			X	X	X	X	X	X	▲		
Mozzarella Cheese Sticks																												
3 Sticks	110	440	300	33	9	0	30	850	22	1	1	12	5	0	25	4	n/a			#	X	X	#	#	#			
5 Sticks	183	740	500	55	15	0.5	50	1420	36	2	2	21	9	1	41	6	n/a			#	X	X	#	#	#			
10 Sticks	366	1470	1000	111	31	1	100	2850	73	4	4	41	18	1	83	12	n/a			#	X	X	#	#	#			
SIDE SAUCES																												
BBQ Sauce -1 Container	28	35	5	0.5	0	0	0	390	8	0	8	0	2	0	0	0	n/a											
Cheese Sauce (Nacho)	43	40	35	3	1	0	0	300	1	0	1	1	0	0	1	1	n/a			X			X					
Fat Free Honey Mustard Sauce - 1 Container	28	50	0	0	0	0	0	120	13	0	7	0	0	0	0	2	n/a											
Marinara Sauce - 1 Container	28	15	0	0	0	0	0	260	4	0	2	0	2	0	6	0	n/a											
Ranch Dressing - 1 Container	28	150	150	17	2.5	0	10	210	1	0	1	0	0	0	2	0	n/a			X	X					▲		
Seafood Sauce - 1 Container	28	30	0	0	0	0	0	340	7	0	3	0	2	6	0	0	n/a											
Tartar Sauce 1 Container	28	90	70	8	1	0	10	220	4	0	2	0	0	0	0	0	n/a			X								
White Castle Zesty Zing Sauce - 1 Container	28	120	100	11	1.5	0	15	190	4	0	3	0	2	0	0	0	n/a			X			X					
Cinnamon Sauce - 1 Container	28	110	35	4	0.5	0	0	85	20	0	17	0	4	0	2	2	n/a											
CONDIMENTS																												
BBQ Sauce - 1 Packet	9	10	0	0	0	0	0	130	3	0	2	0	0	0	0	0	n/a											
Fat Free Honey Mustard Sauce - 1 Packet	12	20	0	0	0	0	0	50	5	0	3	0	0	0	0	2	n/a											
Hot Sauce - 1 Packet	7	5	0	0	0	0	0	170	1	1	0	0	4	2	0	0	n/a											
Ketchup - 1 Packet	9	10	0	0	0	0	0	100	2	0	2	0	0	0	0	0	n/a											
Lemon Juice - 1 Packet	4	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	n/a											
Mayonnaise - 1 Packet	9	60	60	7	1	0	5	55	0	0	0	0	0	0	0	0	n/a			X								
Mustard 1 Packet	6	5	0	0	0	0	0	85	<1	0	0	<1	0	0	0	0	n/a											
Tartar Sauce - 1 Packet	9	25	15	1.5	0	0	0	85	1	0	1	0	0	0	0	0	n/a			X								
half & half	0.4	15	15	1.5	0	0	0	15	0	0	0	0	0	0	0	0	n/a			X								
Saltine Crackers - 1 Packet (may vary by location)	6	20	5	0.5	0	0	0	95	4	0	0	0	0	0	0	2	n/a					X	X					
DESSERTS																												
Apple Turnover	85	340	200	22	4.5	0	0	250	31	2	8	3	0	8	2	10	n/a			#	#	X	X	#	#			
Brachs Fruit Orchard Snacks	26	80	0	0	0	0	0	30	18	0	13	2	0	100	0	0	n/a											
Chocolate Chip Cookie - 3oz	85	370	140	16	5	3	10	254	54	2	23	4	4	0	4	10	n/a			X	X	X	X					
Oatmeal Raisin Cookie - 3oz	85	340	100	11	2.5	2.5	15	304	53	3	24	4	4	0	6	10	n/a			X	X	X	X					
White Chip Macadamia Cookie - 3oz	85	390	170	19	5	3	15	262	51	1	21	4	5	0	6	8	n/a			X	X	X	X	X				
Chocolate Chip w/M&M Cookie - 3oz	85	370	140	15	7	0	10	280	55	1	23	4	6	0	4	6	n/a			X	X	X	X					
Snickerdoodle Cookie - 3oz	85	380	160	17	10	0	45	280	51	<1	26	4	15	0	0	0	n/a			X	X	X	X					
Chocolate Chip Brownie Tray - 1 Brownie	57	250	100	11	6	0	40	120	32	1	24	3	10	0	4	4	n/a			X	X	X	X					
BEVERAGES																												
COFFEE																												

medium	30	690	170	19	13	0	63	570	120	6	113	13	13	0	63	0	n/a				X												
large	44	1020	250	28	19	0	90	830	176	9	166	19	18	0	92	0	n/a				X												
NOTES																																	

* Sodium values may vary depending on restaurant preparation & on the local water supply used for beverages.
 **Slideres weight based on the weight before cooking.
 *** Nutrition based on 1/3 cup of ice for beverages.
 ****MSG = Monosodium Glutamate

Nutrition Information on all Coca-Cola products provided by the Coca-Cola Company. FDA Rounding Rules used.

Nutritional Disclaimer

The nutrition information on this website is derived from the following: testing conducted in accredited laboratories, USDA Nutrient Database and information provided by White Castle's suppliers.

Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Some limited time offers, test and regional items may not be included. Some menu items may not be available at all restaurants. Nutrition calculations follow federal regulations regarding the rounding of nutritional data.

White Castle System, Inc., its subsidiaries and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods prepared in common kitchen areas and/or equipment have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.

If you have specific questions regarding White Castle and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-THE-CRAVE (1-800-843-2728).

Customers with allergy-related questions can contact the Food Allergy and Anaphylaxis Network (FAAN) on the web at foodallergy.org or by telephone at (800) 929-4040.

This information is current as of Dec. 2011.