



Calcium Information

This guide is designed to help you make informed choices when you eat at Culver's. If you have any questions or concerns about food allergies or sensitivities, we recommend that you contact your medical professional. This guide is updated as of June 2014.

Menu Item	Calcium as % of Daily Value	Calcium in mg per serving
Cheese		
American Processed Cheese, Slice	10%	100 mg
Wisconsin Cheese Curds	41%	410 mg
Cheese, Blue Crumbles	15%	150 mg
Cheese, Medium Cheddar Slice	15%	150 mg
Cheese Natural Swiss Slice	20%	200 mg
Cheese, Sharp Cheddar Slice	15%	150 mg
Cheese, Colby Jack	15%	150 mg
Cheese, Cheddar, Shredded	20%	200 mg
Sundaes		
Turtle Sundae, 1 scoop	25%	250 mg
Turtle Sundae, 2 scoops	47.5%	475 mg
Turtle Sundae, 3 scoops	58%	580 mg
Caramel Cashew Sundae, 1 scoop	25%	250 mg
Caramel Cashew Sundae, 2 scoops	47.5%	475 mg
Caramel Cashew Sundae, 3 scoops	58%	580 mg
Fudge Pecan Sundae, 1 scoop	25%	250 mg
Fudge Pecan Sundae, 2 scoops	47.5%	475 mg
Fudge Pecan Sundae, 3 scoops	58%	580 mg
Banana Split, 2 scoops	44.5%	445 mg
Banana Split, 3 scoops	58%	580 mg
Cones and Dishes		
Vanilla, Dish, 1 scoop	21%	210 mg
Vanilla, Dish, 2 scoops	40.5%	405 mg
Vanilla, Dish, 3 scoops	51%	510 mg
Vanilla Cake Cone, 1 scoop	21%	210 mg
Vanilla Cake Cone, 2 scoops	40.5%	405 mg
Vanilla Cake Cone, 3 scoops	51%	510 mg
Mini Scoop Vanilla Cake Cone	12.75%	127.5 mg
Vanilla, Waffle Cone, 1 scoop	21%	210 mg
Vanilla, Waffle Cone, 2 scoops	40.5%	405 mg
Vanilla, Waffle Cone, 3 scoops	51%	510 mg
Chocolate, Dish, 1 scoop	21%	210 mg
Chocolate, Dish, 2 scoops	40.5%	405 mg
Chocolate, Dish, 3 scoops	51%	510 mg
Chocolate Cake Cone, 1 scoop	21%	210 mg
Chocolate Cake Cone, 2 scoops	40.5%	405 mg



Chocolate Cake Cone, 3 scoops	51%	510 mg
Mini Scoop Chocolate Cake Cone	12.75%	127.5 mg
Chocolate Waffle Cone, 1 scoop	21%	210 mg
Chocolate Waffle Cone, 2 scoops	40.5%	405 mg
Chocolate Waffle Cone, 3 scoops	51%	510 mg
Handcrafted Beverages		
Vanilla Shake, Short	49.5%	495 mg
Vanilla Shake, Medium	61.5%	615 mg
Vanilla Shake, Tall	88.5%	885 mg
Chocolate Shake, Short	45%	450 mg
Chocolate Shake, Medium	52.5%	525 mg
Chocolate Shake, Tall	75%	750 mg
Vanilla Malt, Short	53.5%	535 mg
Vanilla Malt, Medium	69.5%	695 mg
Vanilla Malt, Tall	100.5%	1005 mg
Chocolate Malt, Short	49%	490 mg
Chocolate Malt, Medium	60.5%	605 mg
Chocolate Malt, Tall	87%	870 mg
Culver's Root Beer Float, Short	21%	210 mg
Culver's Root Beer Float, Medium	21%	210 mg
Culver's Root Beer Float, Tall	21%	210 mg
Lemon Ice Smoothie, Short	21%	210 mg
Lemon Ice Smoothie, Medium	25.05%	250.5 mg
Lemon Ice Smoothie, Tall	43.5%	435 mg
Mint Chip Shake, Short	45.5%	455 mg
Mint Chip Shake, Medium	53.5%	535 mg
Mint Chip Shake, Tall	76.5%	765 mg
Strawberry Shake, Short	45%	450 mg
Strawberry Shake, Medium	60.5%	605 mg
Strawberry Shake, Tall	75%	750 mg
Strawberry Malt, Short	49%	490 mg
Strawberry Malt, Medium	60.5%	605 mg
Strawberry Malt, Tall	75%	750 mg
Mint Shake, Short	46%	460 mg
Mint Shake, Medium	54.5%	545 mg
Mint Shake, Tall	78%	780 mg
Raspberry Shake, Short	45.4%	454 mg
Raspberry Shake, Medium	53.3%	533 mg
Raspberry Shake, Tall	76.2%	762 mg
Raspberry Malt, Short	49.4%	494 mg
Raspberry Malt, Medium	61.3%	613 mg
Raspberry Malt, Tall	88.2%	882 mg



Concrete Mixers		
Vanilla Concrete Mixer, Mini	30%	300 mg
Vanilla Concrete Mixer, Short	49.5%	495 mg
Vanilla Concrete Mixer, Medium	61.5%	615 mg
Vanilla Concrete Mixer, Tall	88.5%	885 mg
Cookie Dough Concrete Mixer, Mini	25.5%	255 mg
Cookie Dough Concrete Mixer, Short	45%	450 mg
Cookie Dough Concrete Mixer, Medium	52.5%	525 mg
Cookie Dough Concrete Mixer, Tall	75%	750 mg
Chocolate Concrete Mixer, Mini	25.5%	255 mg
Chocolate Concrete Mixer, Short	45%	450 mg
Chocolate Concrete Mixer, Medium	52.5%	525 mg
Chocolate Concrete Mixer, Tall	75%	750 mg
Raspberry Cheesecake Concrete Mixer, Mini	26.2%	262 mg
Raspberry Cheesecake Concrete Mixer, Short	46.4%	464 mg
Raspberry Cheesecake Concrete Mixer, Medium	54.3%	543 mg
Raspberry Cheesecake Concrete Mixer, Tall	77.3%	773 mg
Crazy for Cookie Dough Concrete Mixer, Mini	29.5%	295 mg
Crazy for Cookie Dough Concrete Mixer, Short	48%	480 mg
Crazy for Cookie Dough Concrete Mixer, Medium	58.5%	585 mg
Crazy for Cookie Dough Concrete Mixer, Tall	84%	840 mg
Mint Oreo Concrete Mixer, Mini	26.5%	265 mg
Mint Oreo Concrete Mixer, Short	46%	460 mg
Mint Oreo Concrete Mixer, Medium	54.5%	545 mg
Mint Oreo Concrete Mixer, Tall	78%	785 mg
Vanilla Concrete Mixer with M & M's, Mini	25.5%	255 mg
Vanilla Concrete Mixer with M & M's, Short	45%	450 mg
Vanilla Concrete Mixer with M & M's, Medium	52.5%	525 mg
Vanilla Concrete Mixer with M & M's, Tall	75%	750 mg
Chocolate Concrete Mixer with M & M's, Mini	22.1%	221 mg
Chocolate Concrete Mixer with M & M's, Short	39%	390 mg
Chocolate Concrete Mixer with M & M's, Medium	45.5%	455 mg
Chocolate Concrete Mixer with M & M's, Tall	65%	650 mg
Raspberry Concrete Mixer, Mini	25.9%	255 mg
Raspberry Concrete Mixer, Short	45.4%	454 mg
Raspberry Concrete Mixer, Medium	53.3%	533 mg
Raspberry Concrete Mixer, Tall	77.3%	773 mg
Reese's Chocolate Concrete Mixer, Mini	24.1%	241 mg
Reese's Chocolate Concrete Mixer, Short	41%	410 mg
Reese's Chocolate Concrete Mixer, Medium	49.5%	495 mg
Reese's Chocolate Concrete Mixer, Tall	71%	710 mg
Reese's Vanilla Concrete Mixer, Mini	27.5%	275 mg
Reese's Vanilla Concrete Mixer, Short	47%	470 mg
Reese's Vanilla Concrete Mixer, Medium	56.5%	565 mg
Reese's Vanilla Concrete Mixer, Tall	81%	810 mg



Snickers Vanilla Concrete Mixer, Mini	27.5%	275 mg
Snickers Vanilla Concrete Mixer, Short	47%	470 mg
Snickers Vanilla Concrete Mixer, Medium	56.5%	565 mg
Snickers Vanilla Concrete Mixer, Tall	81%	810 mg
Snickers Chocolate Concrete Mixer, Mini	24.1%	241 mg
Snickers Chocolate Concrete Mixer, Short	41%	410 mg
Snickers Chocolate Concrete Mixer, Medium	49.5%	495 mg
Snickers Chocolate Concrete Mixer, Tall	71%	710 mg
Strawberry Concrete Mixer, Mini	25.5%	255 mg
Strawberry Concrete Mixer, Short	45%	450 mg
Strawberry Concrete Mixer, Medium	52.5%	525 mg
Strawberry Concrete Mixer, Tall	75%	750 mg
Chocolate Oreo Concrete Mixer, Mini	22.1%	221 mg
Chocolate Oreo Concrete Mixer, Short	39%	390 mg
Chocolate Oreo Concrete Mixer, Medium	45.5%	455 mg
Chocolate Oreo Concrete Mixer, Tall	65%	650 mg
Vanilla Oreo Concrete Mixer, Mini	25.5%	250 mg
Vanilla Oreo Concrete Mixer, Short	45%	450 mg
Vanilla Oreo Concrete Mixer, Medium	45.5%	455 mg
Vanilla Oreo Concrete Mixer, Tall	65%	650 mg
Frozen Custard Shoppe To-Go		
Oreo Frozen Custard Sandwich, Vanilla	10.5%	105 mg
Oreo Frozen Custard Sandwich, Chocolate	10.5%	105 mg
Chocolate Frozen Custard, 1 pint	58.5%	585 mg
Chocolate Frozen Custard, 1 quart	118.5%	1185 mg
Vanilla Frozen Custard, 1 pint	58.5%	585 mg
Vanilla Frozen Custard, 1 quart	118.5%	1185 mg
Drinks		
Milk – 2%	30%	300 mg
Chocolate Milk, Low Fat	30%	300 mg