MINDFUL CHOICE

Nutrition & Allergen Guide

A Mindful Choice is a *Simple Choice*

Culver's

More than 20 delicious menu items you can combine into satisfying meals for around 500 calories.

1 Pick a ButterBurger,® Sandwich or Salad

ButterBurger Single

Grilled Chicken Sandwich

Beef Pot Roast Sandwich

Garden Fresco Salad with Chicken
with Raspberry Vinaigrette

2 Pick a Side

Tomato Florentine Soup

Side Salad

Steamed Broccoli

Mashed Potatoes
with Gravy

3 Pick a Drink

Diet Soft Drink

Medium
Unsweetened Iced Tea

Turn the page to see all our nutrition information or visit www.culvers.com/nutrition-and-allergen-guide

The allergen disclosures listed below reflect individual menu items and does not include all cross-contact that may occur during preparation and cooking procedures. Multiple menu items containing allergens such as egg, milk, wheat/gluten, soy, fish and shrimp are cooked in common fryer oil. Culver's serves 100% beef, but it is cooked on the same grill where bread is toasted. Breads and buns are baked in facilities that handle sesame seeds. Common allergens are present in custard toppings and cross-contact may occur in this area. Culver's cannot guarantee any menu item will be free of an allergen. Please inform a restaurant manager when placing your order if a food allergy or sensitivity is a concern.

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Milk	Egg	Fish	Wheat/Gluten	Peanut	Soy	Shellfish	Tree Nut	Sesame
BUTTERBURGERS®																			
ButterBurger®, Single	390	17	7	0.5	55	480	38	1	6	20	●			●		●			●
ButterBurger®, Double	560	30	12	1	105	580	38	1	6	34	●			●		●			●
ButterBurger®, Triple	730	43	17	1.5	155	680	38	1	6	48	●			●		●			●
ButterBurger® Cheese, Single	460	23	11	0.5	75	700	39	1	7	24	●			●		●			●
ButterBurger® Cheese, Double	700	42	19	1.5	145	1020	40	1	8	41	●			●		●			●
ButterBurger® Cheese, Triple	940	61	28	2	215	1340	41	1	9	59	●			●		●			●
Mushroom & Swiss ButterBurger®, Single	530	28	12	0.5	75	650	41	2	6	27	●			●		●			●
Mushroom & Swiss ButterBurger®, Double	780	47	20	1.5	145	790	42	2	6	47	●			●		●			●
Mushroom & Swiss ButterBurger®, Triple	1030	66	29	2	215	930	43	2	6	67	●			●		●			●
Sourdough Melt, Single	490	25	12	1	80	600	42	3	3	26	●			●					
Sourdough Melt, Double	740	44	21	1.5	145	840	42	3	3	45	●			●					
Sourdough Melt, Triple	990	64	30	2.5	215	1080	42	3	3	64	●			●					
The Culver's® Deluxe, Single	580	34	13	0.5	85	920	41	1	7	24	●	●		●		●			●
The Culver's® Deluxe, Double	820	53	21	1.5	155	1240	42	1	8	41	●	●		●		●			●
The Culver's® Deluxe, Triple	1060	72	30	2	225	1560	43	1	9	59	●	●		●		●			●
The Culver's® Bacon Deluxe, Single	670	40	15	0.5	110	1300	42	1	8	33	●	●		●		●			●
The Culver's® Bacon Deluxe, Double	910	59	23	1.5	180	1620	43	1	9	50	●	●		●		●			●
The Culver's® Bacon Deluxe, Triple	1150	78	32	2	250	1940	44	1	10	68	●	●		●		●			●
Wisconsin Swiss Melt, Single	480	24	10	1	75	560	41	4	3	27	●			●					
Wisconsin Swiss Melt, Double	730	43	19	1.5	145	700	42	4	3	47	●			●					
Wisconsin Swiss Melt, Triple	980	62	27	2	215	840	43	4	3	67	●			●					
CHICKEN																			
Chicken Tenders, Buffalo - 1 Piece	130	6	0.5	0	20	500	10	<1	0	10	●	●	●	●		●	●		
Chicken Tenders, Buffalo - 2 Piece	270	12	1.5	0	40	1010	20	2	0	20	●	●	●	●		●	●		
Chicken Tenders, Buffalo - 4 Piece	540	24	2.5	0	85	2010	40	3	<1	39	●	●	●	●		●	●		
Chicken Tenders, Buffalo - 8 Piece	1070	48	5	0.5	165	4030	81	6	1	78	●	●	●	●		●	●		
Chicken Tenders, Original - 1 Piece	130	6	0.5	0	25	390	10	<1	0	10	●	●	●	●		●	●		
Chicken Tenders, Original - 2 Piece	260	11	1	0	45	780	21	1	0	19	●	●	●	●		●	●		
Chicken Tenders, Original - 4 Piece	520	23	2.5	0	90	1560	41	2	<1	39	●	●	●	●		●	●		
Chicken Tenders, Original - 8 Piece	1040	45	4.5	0	180	3120	83	5	1	78	●	●	●	●		●	●		
Crispy Chicken Sandwich	690	35	8	0	75	1590	65	2	9	28	●	●	●	●		●	●		
Grilled Chicken Sandwich	480	19	6	0	115	1340	40	2	9	36	●	●		●					
Spicy Crispy Chicken Sandwich	680	33	7	0	80	1680	65	3	9	32	●	●	●	●		●	●		
SEAFOOD																			
Butterfly Jumbo Shrimp** - 3 Piece	160	8	0.5	0	60	480	17	<1	1	5	●	●	●	●		●	●		
Butterfly Jumbo Shrimp** - 6 Piece	320	16	1.5	0	115	960	35	1	2	9	●	●	●	●		●	●		
Butterfly Jumbo Shrimp** - 10 Piece	540	27	2.5	0	195	1600	58	2	4	15	●	●	●	●		●	●		
Butterfly Jumbo Shrimp Dinner* - 6 Piece	470	22	4	0	125	1180	55	2	5	13	●	●	●	●		●	●		●
Butterfly Jumbo Shrimp Dinner* - 10 Piece	690	32	5	0	205	1820	78	3	6	19	●	●	●	●		●	●		●
North Atlantic Cod Sandwich	600	34	8	0	60	830	51	2	6	23	●	●	●	●		●	●		
North Atlantic Cod Dinner* - 1 Piece	350	18	4	0	40	490	31	1	3	16	●	●	●	●		●	●		●
North Atlantic Cod Dinner* - 2 Piece	550	30	5	0	70	750	41	2	3	29	●	●	●	●		●	●		●
North Atlantic Cod Dinner* - 3 Piece	760	42	6	0	100	1020	51	3	3	42	●	●	●	●		●	●		●
SANDWICHES																			
Beef Pot Roast Dinner*	500	20	10	1	155	1100	45	1	6	32	●			●		●			●
Beef Pot Roast Sandwich	410	13	6	1	140	740	40	1	8	31				●		●			●
Chopped Steak Dinner*	560	36	14	1	110	550	24	2	3	33	●			●					●
Grilled Cheese	360	16	9	0	45	800	39	2	3	14	●			●		●			
Grilled Reuben Melt	660	38	15	0	105	1840	43	4	6	37	●	●		●					
Harvest Veggie Burger	610	26	10	0	60	1030	74	5	9	19	●	●		●		●			●
Pork Loin Sandwich	580	20	3.5	0	55	990	68	2	7	31	●	●	●	●		●	●		●
KIDS' MEALS (À LA CARTE)																			
ButterBurger®, Single	390	17	7	0.5	55	480	38	1	6	20	●			●		●			●
ButterBurger® Cheese, Single	460	23	11	0.5	75	610	39	1	7	23	●			●		●			●
Chicken Tenders, Buffalo - 2 Piece	270	12	1.5	0	40	1010	20	2	0	20	●	●	●	●		●	●		
Chicken Tenders, Original - 2 Piece	260	11	1	0	45	780	21	1	0	19	●	●	●	●		●	●		
Corn Dog	240	14	4	0	20	500	23	0	7	6	●	●	●	●		●	●		
Grilled Cheese	360	16	9	0	45	800	39	2	3	14	●			●		●			
Crinkle Cut Fries, Small	220	9	1	0	0	410	32	2	0	3	●	●	●	●		●	●		
Mott's® Applesauce	50	0	0	0	0	10	12	2	8	0									
Chocolate Milk	160	2.5	1.5	0	15	220	27	0	26	8	●								
White Milk	110	2.5	1.5	0	10	130	13	0	12	8	●								
Mott's® 100% Apple Juice	100	0	0	0	0	10	24	0	23	0									

*Nutritional information for Dinners only represents the protein, lemon wedge, dinner roll and butter
**Nutritional information for Basket only represents the protein and lemon wedge
2,000 calories a day is used for general nutrition advice, but calorie needs vary.

● Contains allergen (includes condiments) ● Possible cross-contact in fryer

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Milk	Egg	Fish	Wheat/Gluten	Peanut	Soy	Shellfish	Tree Nut	Sesame
SIDES																			
Chili Cheddar Fries	610	31	9	1	40	1430	70	6	3	14	●	●	●	●		●	●		
Crinkle Cut Fries, Small	220	9	1	0	0	410	32	2	0	3	●	●	●	●		●	●		
Crinkle Cut Fries, Medium	350	14	1.5	0	0	650	50	4	0	4	●	●	●	●		●	●		
Crinkle Cut Fries, Large	430	18	2	0	0	810	62	4	0	5	●	●	●	●		●	●		
Coleslaw, Medium	200	16	2.5	0	10	240	15	2	9	1		●							
Coleslaw, Large	600	48	8	0	30	720	45	6	27	3		●							
Garden Side Salad	50	2.5	1.5	0	5	100	5	2	1	3	●			●					
Mashed Potatoes & Gravy, Medium	130	1.5	0.5	0	0	410	25	2	0	4	●			●					
Mashed Potatoes & Gravy, Large	410	8	3	0	0	1730	73	5	0	11	●			●					
Pretzel Bites with Cheese Sauce	440	19	8	0.5	30	810	53	2	7	15	●	●	●	●		●	●		
Onion Rings, Medium	420	23	2	0	0	930	49	4	5	5	●	●	●	●		●	●		
Onion Rings, Large	840	46	3.5	0	<5	1870	98	8	9	10	●	●	●	●		●	●		
Side of Thick Cut Bacon (2 Slices)	100	6	2.5	0	25	380	<1	0	<1	9									
Side of Dill Pickles	5	0	0	0	0	570	0	0	0	0									
Steamed Broccoli	40	0	0	0	0	40	7	3	2	3									
Wisconsin Cheddar Cheese Sauce	130	11	7	0.5	30	350	3	0	2	6	●								
Wisconsin Cheese Curds, Medium	490	27	12	0.5	35	1520	46	3	4	17	●	●	●	●		●	●		
Wisconsin Cheese Curds, Large	980	54	25	1	70	3030	91	5	8	34	●	●	●	●		●	●		
SALADS																			
Chicken Cashew Salad with Grilled Chicken	430	23	8	0	115	1080	17	6	5	41	●							●	
Cranberry Bacon Bleu Salad with Grilled Chicken	390	16	8	0	135	1540	18	5	12	46	●								
Garden Fresco Salad with Grilled Chicken	330	12	6	0	115	1150	19	5	4	39	●			●					
Strawberry Fields Salad with Grilled Chicken	370	20	4.5	0	100	1060	12	7	5	35	●							●	
SOUPS (INCLUDES SALTINE PACKET)																			
Boston Clam Chowder, Medium	290	12	4	0	30	1620	32	1	8	13	●		●	●		●	●		
Broccoli Cheese, Medium	250	13	6	0	30	1250	22	1	9	11	●			●		●			
Chicken Noodle, Medium	130	2.5	0	0	30	1190	20	1	1	7		●		●		●			
George's® Chili, Medium	310	13	4.5	0	45	1490	31	6	6	18				●		●			
George's® Chili Supreme, Medium	430	23	11	0	75	1590	33	7	7	22	●			●		●			
Potato with Bacon, Medium	270	11	4	0	25	1230	33	2	9	10	●			●		●			
Stuffed Green Pepper with Beef, Medium	170	2.5	1	0	10	1260	29	1	6	6				●		●			
Tomato Florentine, Medium	140	1.5	0.5	0	0	1370	27	2	7	5	●	●		●		●			
Vegetable Beef, Medium	190	4.5	2	0	20	1370	27	2	4	9				●		●			
Wild and Brown Rice with Chicken, Medium	300	15	5	0	40	1310	31	1	9	11	●			●		●			
CONDIMENTS, DIPPING & DRESSINGS																			
Buttermilk Ranch Dressing	180	19	3	0	20	380	2	0	1	1	●	●							
Cocktail Sauce	50	0	0	0	0	400	13	1	8	1			●						
Culver's® Signature Sauce	260	27	5	0	25	520	3	0	2	3	●	●							
Culver's® Vinaigrette	120	13	2	0	0	330	3	0	2	0									
Marinara Cup	40	0	0	0	0	370	9	1	4	1									
Dip & Squeeze Ketchup	30	0	0	0	0	250	8	0	6	0									
Frank's RedHot® Buffalo Sauce	5	0	0	0	0	390	1	0	0	0									
Honey Mustard Dressing	130	6	1	0	0	400	20	0	18	0									
Horseradish Sauce	60	6	1	0	<5	90	2	0	1	0		●							
Hot Sauce	0	0	0	0	0	110	0	0	0	0									
Ken's® Blue Cheese Dressing	200	21	4	0	15	320	2	0	1	1	●	●							
Ken's® Boom Boom Sauce	310	32	5	0	25	490	5	0	4	1		●							
Ken's® Country French	190	15	0	0	0	300	13	0	12	0									
Ken's® Raspberry Vinaigrette	50	0	0	0	0	115	12	0	10	0									
Malt Vinegar	0	0	0	0	0	0	0	0	0	0				●					
Mayonnaise Packet	80	8	1.5	0	<5	75	1	0	1	0		●							
Spicy Brown Mustard Packet	0	0	0	0	0	120	0	0	0	0									
Sweet Baby Ray's® BBQ Sauce	110	0	0	0	0	450	28	1	26	1									
Tartar Sauce Cup	360	39	6	0.5	30	340	3	0	2	1		●							
Wisconsin Cheddar Cheese Sauce	130	11	7	0.5	30	350	3	0	2	6	●								
Yellow Mustard Packet	0	0	0	0	0	65	0	0	0	0									

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SUNDAES, CONES & DISHES	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	MILK	EGG	FISH	WHEAT/GLUTEN	PEANUT	SOY	SHELLFISH	TREE NUT	SESAME
Banana Split, 2 Scoop	1260	66	31	1.5	250	480	150	11	114	17	●	●						●	
Banana Split, 3 Scoop	1420	76	37	1.5	305	520	166	12	127	20	●	●						●	
Chocolate Cake Cone, 1 Scoop	310	14	9	0	80	105	41	1	30	6	●	●		●		●			
Chocolate Cake Cone, 2 Scoop	570	27	17	1	155	190	73	2	58	11	●	●		●		●			
Chocolate Cake Cone, 3 Scoop	710	35	21	1	195	240	91	3	73	14	●	●		●		●			
Chocolate, Dish, 1 Scoop	290	14	9	0	100	120	36	1	30	6	●	●							
Chocolate, Dish, 2 Scoop	550	27	17	1	155	180	68	2	58	11	●	●							
Chocolate, Dish, 3 Scoop	690	35	21	1	195	230	86	3	73	14	●	●							
Chocolate, Waffle Cone, 1 Scoop	400	15	9	0	80	150	61	2	38	8	●	●		●		●			
Chocolate, Waffle Cone, 2 Scoop	660	28	17	1	155	240	93	3	66	13	●	●		●		●			
Chocolate, Waffle Cone, 3 Scoop	800	35	21	1	195	280	111	4	81	16	●	●		●		●			
Vanilla Cake Cone, 1 Scoop	330	19	11	0.5	115	95	36	0	27	6	●	●		●		●			
Vanilla Cake Cone, 2 Scoop	620	35	22	1.5	215	170	65	0	52	11	●	●		●		●			
Vanilla Cake Cone, 3 Scoop	770	45	27	1.5	275	220	80	5	65	14	●	●		●		●			
Vanilla, Dish, 1 Scoop	310	19	11	0.5	115	85	31	2	27	6	●	●							
Vanilla, Dish, 2 Scoop	600	35	22	1.5	215	160	60	4	52	11	●	●							
Vanilla, Dish, 3 Scoop	750	45	27	1.5	275	210	75	5	65	14	●	●							
Vanilla, Waffle Cone, 1 Scoop	420	19	11	0.5	115	140	56	1	35	8	●	●		●		●			
Vanilla, Waffle Cone, 2 Scoop	710	36	22	1.5	215	220	85	1	60	13	●	●		●		●			
Vanilla, Waffle Cone, 3 Scoop	860	45	27	1.5	275	260	100	6	73	16	●	●		●		●			
Caramel Cashew Sundae, 1 Scoop	730	35	16	0.5	125	410	92	3	61	12	●	●						●	
Caramel Cashew Sundae, 2 Scoop	1010	52	26	1.5	230	480	121	5	86	17	●	●						●	
Caramel Cashew Sundae, 3 Scoop	1170	61	32	1.5	285	530	136	6	99	20	●	●						●	
Turtle Sundae, 1 Scoop	770	44	18	0.5	120	400	82	5	64	10	●	●						●	
Turtle Sundae, 2 Scoop	1050	61	29	1.5	225	470	111	7	88	16	●	●						●	
Turtle Sundae, 3 Scoop	1210	70	34	1.5	280	520	126	8	102	18	●	●						●	
CONCRETE MIXERS®, SHAKES & MALTS																			
Create Your Own Chocolate Custard Concrete Mixer®, Mini	340	17	10	0.5	120	150	43	2	36	7	●	●							
Create Your Own Chocolate Custard Concrete Mixer®, Small	570	29	17	1	200	240	71	3	60	11	●	●							
Create Your Own Chocolate Custard Concrete Mixer®, Medium	740	37	22	1.5	260	320	93	4	78	15	●	●							
Create Your Own Chocolate Custard Concrete Mixer®, Large	860	43	26	1.5	245	290	107	4	91	18	●	●							
Create Your Own Vanilla Custard Concrete Mixer®, Mini	380	22	14	1	135	105	38	2	33	7	●	●							
Create Your Own Vanilla Custard Concrete Mixer®, Small	630	37	23	1.5	230	170	63	4	54	11	●	●							
Create Your Own Vanilla Custard Concrete Mixer®, Medium	820	48	30	2	295	220	82	5	71	15	●	●							
Create Your Own Vanilla Custard Concrete Mixer®, Large	940	56	34	2	345	260	94	6	81	17	●	●							
Culver's® Root Beer Float, Small	440	19	11	0.5	115	150	65	2	60	6	●	●							
Culver's® Root Beer Float, Medium	490	19	11	0.5	115	180	79	2	74	6	●	●							
Culver's® Root Beer Float, Large	520	19	11	0.5	115	190	87	2	82	6	●	●							
Chocolate Malt, Small	780	35	20	1	215	290	106	4	82	13	●	●		●					
Chocolate Malt, Medium	980	46	26	1.5	280	360	129	5	103	17	●	●		●					
Chocolate Malt, Large	1290	63	36	2	385	460	163	7	134	23	●	●		●					
Chocolate Shake, Small	750	35	20	1	215	270	100	4	77	12	●	●							
Chocolate Shake, Medium	920	45	26	1.5	280	320	117	5	93	16	●	●							
Chocolate Shake, Large	1200	62	36	2	385	400	145	7	119	21	●	●							
Vanilla Malt, Small	600	35	20	1	215	190	63	3	56	12	●	●		●					
Vanilla Malt, Medium	800	45	26	1.5	280	260	86	4	77	16	●	●		●					
Vanilla Malt, Large	1120	63	36	2	385	370	121	5	108	22	●	●		●					
Vanilla Shake, Small	570	34	20	1	215	170	57	3	51	11	●	●							
Vanilla Shake, Medium	740	45	26	1.5	280	220	74	4	67	15	●	●							
Vanilla Shake, Large	1030	62	36	2	385	310	103	5	93	21	●	●							

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MIX-INS & TOPPINGS (1 PORTION)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	MILK	EGG	FISH	WHEAT/GLUTEN	PEANUT	SOY	SHELLFISH	TREE NUT	SESAME
Andes® Creme De Menthe Thins	120	7	6.5	0	0	10	12	1	11	1	●					●			
Bananas	50	0	0	0	0	0	12	3	7	1									
Blueberries	40	0	0	0	0	0	10	1	9	0									
Brownie Pieces	100	4	1	0	10	60	18	2	11	1		●		●					
Butterfinger® Pieces	140	6	3	0	0	75	20	1	12	3	●				●	●			
Candy Sprinkles	110	2	2	0	0	0	23	0	16	0						●			
Cashews	160	13	2.5	0	0	110	8	1	1	4								●	
Chocolate Chip Cookie Dough	120	4.5	2.5	0	5	45	18	0	9	1	●			●		●			
Chocolate Syrup	90	0	0	0	0	45	21	0	13	0	●								
Dove® Chocolate Pieces	120	7	4	0	0	0	13	2	10	1	●					●			
Eli's® Cheesecake Pieces	100	5	3.5	0	30	85	11	0	6	1	●	●		●		●			
Eli's® Chocolate Cake Pieces	100	6	2.5	0	10	55	11	0	8	1	●	●		●		●			
Heath® Bar Pieces	150	9	5	0	5	95	17	1	17	1	●					●		●	
Hot Caramel	120	1.5	1	0	5	105	25	0	16	1	●								
Hot Fudge	120	4	4	0	0	95	21	0	18	1	●								
Maraschino Cherry	10	0	0	0	0	0	2	0	2	0									
Marshmallow Creme	100	0	0	0	0	20	26	0	22	0									
Mint Syrup	100	0	0	0	0	105	25	0	19	0	●								
M&M® Minis	130	5	3	0	<5	20	20	0	18	1	●					●			
Novelty Chocolate Topping	200	15	8	0	<5	35	16	2	13	<1	●					●			
Oreo® Cookies	90	3.5	1	0	0	80	14	0	8	1				●		●			
Peaches	35	0	0	0	0	10	9	1	8	0									
Pecan Halves	200	20	2	0	0	110	3	2	1	2								●	
Raspberries	40	0	0	0	0	0	9	1	8	0									
Reese's® Peanut Butter Sauce	210	18	2.5	0	0	170	7	2	4	7					●				
Reese's® Peanut Butter Cups	140	8	3	0	0	85	16	1	15	3	●				●	●			
Root Beer Syrup	60	0	0	0	0	20	17	0	16	0									
Salted Caramel	120	1.5	1	0	0	260	25	0	15	1	●								
Snickers® Candy Bar Pieces	130	6	2.5	0	0	65	17	0	15	2	●	●			●	●			
Whipped Cream	15	1	0.5	0	5	0	1	0	1	0	●								
Wild Cherries	60	0	0	0	0	45	16	0	15	0									

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

● Contains allergen (includes condiments) ● Possible cross-contact in fryer ●* Possible cross-contact at manufacturer

DRINKS

CALORIE DECLARATIONS FOR EACH SIZE REFER TO THE TOTAL CUP CAPACITY, WITHOUT ADDED ICE. THE ACTUAL FILL AND CALORIE CONTENT MAY BE LESS DEPENDING ON THE AMOUNT OF ICE ADDED.

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	MILK	EGG	FISH	WHEAT/GLUTEN	PEANUT	SOY	SHELLFISH	TREE NUT	SESAME
Bottled Water	0	0	0	0	0	0	0	0	0	0									
Chocolate Milk	160	2.5	1.5	0	15	220	27	0	26	8	●								
Coca-Cola®, Small	200	0	0	0	0	55	54	0	54	0									
Coca-Cola®, Medium	270	0	0	0	0	75	74	0	74	0									
Coca-Cola®, Large	390	0	0	0	0	105	107	0	107	0									
Coca-Cola® Zero Sugar, Small	0	0	0	0	0	55	0	0	0	0									
Coca-Cola® Zero Sugar, Medium	0	0	0	0	0	75	0	0	0	0									
Coca-Cola® Zero Sugar, Large	0	0	0	0	0	105	0	0	0	0									
Coffee, 8 fl. oz.	0	0	0	0	0	0	0	0	0	0									
Culver's® Diet Root Beer, Small	0	0	0	0	0	110	0	0	0	0									
Culver's® Diet Root Beer, Medium	0	0	0	0	0	150	0	0	0	0									
Culver's® Diet Root Beer, Large	0	0	0	0	0	220	0	0	0	0									
Culver's® Root Beer, Small	220	0	0	0	0	110	59	0	58	0									
Culver's® Root Beer, Medium	300	0	0	0	0	150	81	0	80	0									
Culver's® Root Beer, Large	430	0	0	0	0	220	118	0	116	0									
Diet Coke®, Small	0	0	0	0	0	65	<1	0	0	0									
Diet Coke®, Medium	0	0	0	0	0	90	<1	0	0	0									
Diet Coke®, Large	0	0	0	0	0	130	<1	0	0	0									
Diet Dr Pepper®, Small	0	0	0	0	0	95	0	0	0	0									
Diet Dr Pepper®, Medium	0	0	0	0	0	130	0	0	0	0									
Diet Dr Pepper®, Large	0	0	0	0	0	190	0	0	0	0									
Dr Pepper®, Small	190	0	0	0	0	60	52	0	51	0									
Dr Pepper®, Medium	260	0	0	0	0	85	72	0	72	0									
Dr Pepper®, Large	380	0	0	0	0	120	104	0	102	0									
Fanta® Orange, Small	210	0	0	0	0	55	53	0	53	0									
Fanta® Orange, Medium	280	0	0	0	0	75	73	0	73	0									
Fanta® Orange, Large	410	0	0	0	0	105	106	0	106	0									
Fresh Brewed Sweet Tea, Small	130	0	0	0	0	0	33	0	33	0									
Fresh Brewed Sweet Tea, Medium	180	0	0	0	0	0	45	0	45	0									
Fresh Brewed Sweet Tea, Large	260	0	0	0	0	0	66	0	66	0									
Fresh Brewed Unsweetened Iced Tea, Small	0	0	0	0	0	0	0	0	0	0									
Fresh Brewed Unsweetened Iced Tea, Medium	0	0	0	0	0	0	0	0	0	0									
Fresh Brewed Unsweetened Iced Tea, Large	0	0	0	0	0	0	0	0	0	0									
Hi-C® Flashin Fruit Punch, Small	210	0	0	0	0	100	57	0	55	0									
Hi-C® Flashin Fruit Punch, Medium	300	0	0	0	0	135	78	0	76	0									
Hi-C® Flashin Fruit Punch, Large	430	0	0	0	0	200	113	0	110	0									
Mello Yello®, Small	220	0	0	0	0	65	58	0	58	0									
Mello Yello®, Medium	300	0	0	0	0	95	80	0	80	0									
Mello Yello®, Large	440	0	0	0	0	135	116	0	116	0									
Milk	110	2.5	1.5	0	10	130	13	0	12	8	●								
Minute Maid® Lemonade, Small	180	0	0	0	0	130	48	0	46	0									
Minute Maid® Lemonade, Medium	250	0	0	0	0	180	66	0	63	0									
Minute Maid® Lemonade, Large	370	0	0	0	0	260	96	0	92	0									
Mott's® Apple Juice	100	0	0	0	0	10	24	0	23	0									
Powerade® Mountain Berry Blast, Small	120	0	0	0	0	150	29	0	29	0									
Powerade® Mountain Berry Blast, Medium	160	0	0	0	0	210	40	0	40	0									
Powerade® Mountain Berry Blast, Large	230	0	0	0	0	300	59	0	58	0									
Sprite®, Small	190	0	0	0	0	95	50	0	50	0									
Sprite®, Medium	250	0	0	0	0	130	68	0	68	0									
Sprite®, Large	370	0	0	0	0	190	99	0	99	0									

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

● Contains allergen (includes condiments) ● Possible cross-contact in fryer ●* Possible cross-contact at manufacturer

Mindful Choices Around Gluten

The menu items listed below do not contain sources of gluten based on ingredient information from our suppliers and their voluntary stated absence of gluten. Because Culver's® restaurants are not gluten-free environments, we are unable to guarantee any menu items, including those listed below, are completely free of gluten. Cross-contact may occur during preparation and cooking procedures. Please inform the manager or cashier if you have a gluten sensitivity or intolerance when ordering.

* This item is cooked on a grill that may come into contact with other items that contain gluten.

Meats (no bun)
Bacon*
Beef Pot Roast
ButterBurger® Patty*
Corned Beef*
Grilled Chicken*

Salads (no croutons)
Chicken Cashew with Grilled Chicken*
Cranberry Bacon* Bleu with Grilled Chicken*
Garden Fresco with Grilled Chicken*

Salad Dressings
Culver's Vinaigrette
Honey Mustard
Ranch
Ken's® Blue Cheese
Ken's® Country French
Ken's® Raspberry Vinaigrette

Soups (no crackers)
George's Chili®
Broccoli Cheese

Bun
Rotella's Gluten Free Bun

Sides
Applesauce
Coleslaw
Mashed Potatoes (no gravy)
Steamed Broccoli
Side Salad (no croutons)

Condiments
American Cheese
Bleu Cheese
Boom Boom Sauce
Culver's Signature Sauce
Cheddar Cheese
Dill Pickles
Fry Sauce
Frank's RedHot Buffalo Dipping Sauce
Honey Mustard
Horseradish Sauce
Ketchup
Lettuce
Marinara Sauce
Mayonnaise
Mushrooms
Mustard
Red Onion
Swiss Cheese
Tomato
Wisconsin Cheddar Cheese Sauce

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Beverages
All milk and beverage options do not contain gluten.

Custard (no cone)
Chocolate Custard
Culver's® Root Beer Float
Vanilla Custard
Vanilla Shake

Classic Sundaes
Caramel Cashew
Turtle

Mix-Ins & Toppings
Nuts
Cashews
Pecans
Fruits
Banana
Blueberries
Wild Cherries
Peaches
Raspberries
Strawberries

Mix-Ins & Toppings (continued)
Ooey Gooey
Crème® De Menthe
Chocolate Syrup
Hot Caramel
Hot Fudge
Marshmallow Topping
Novelty Chocolate
Reese's® Peanut Butter
Root Beer
Salted Caramel
Whipped Cream
Candies
Andes Crème de Menthe®
Butterfinger®
Heath®
M&M's®
Reese's® Peanut Butter Cups
Snickers®
Dove® Chocolate Pieces

guide to gluten

Nutrition & Allergen
FACTS ALL IN ONE PLACE
www.culvers.com/menu-and-nutrition

*As part of our commitment to our guests, our allergen guides are based on product information provided by Culver's® approved suppliers. Every effort is made to keep this information current; however, it is possible that ingredient changes and substitutions may occur. We recommend that our guests with allergies and sensitivities consult their medical professional and speak to a Culver's® restaurant manager before placing an order to ensure the posted information is accurate and represents the menu items sold at that specific restaurant. Test products, limited time offerings and optional menu items have not been included in this brochure. Culver's® restaurants are busy and cross-contact may occur between ingredients and between different menu items, including allergens. Culver Franchising System, LLC., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in the restaurants.

Culver's nutritional information is based on information and values sourced from manufacturers, the USDA, and other industry-approved databases, as well as independent lab testing. Recipes are from Culver Franchising System, LLC. Some menu items may not be available at all restaurants. In addition, test products, test formulations or regional menu items have not been included in this brochure. While nutritional information in this brochure is based on standard product formulations, variation may occur due to differences in suppliers, ingredient substitutions, changes in recipe, product assembly at the restaurant level, the region of the country and the season of the year. Serving sizes may vary from the quantity upon which the analysis was conducted. Serving size designation for beverages refer to total cup capacity. The actual fill may be slightly less. The nutritional information in this brochure presumes that the operator of the restaurant, most of which are franchised, is complying with preparation, ingredient, supply and proportioning requirements. None of Culver's menu items are certified as vegetarian; all menu items may contain trace amounts of ingredients derived from animals. If you would like further information on our menu items, or have food allergies, sensitivities or special dietary needs, please go to **www.culvers.com**. The listings on our website are periodically updated in an effort to reflect the current status of our menu items and may vary from printed materials.

If you have questions or need additional information please reach out at www.culvers.com/contact-us

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