



Nutrition &
Allergen Guide



A Mindful Choice is a
Simple Choice

Culver's

More than 20 crave-worthy menu items you can combine into delicious and 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



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	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)		CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	CALCIUM (%DV)	MILK	EGG	FISH	WHEAT/GLUTEN	PEANUT	SHELLFISH	SOY	TREE NUT	
Bottled Water	0	0	0	0	0		0	0	0	0	0	0	0									
Chocolate Milk, %1 Low Fat	160	25	2	1.5	0		15	220	27	0	26	8	30	●								
Coffee, 8 fl. oz.	0	0	0	0	0		0	0	0	0	0	0	0									
Culver's® Diet Root Beer, Small	0	0	0	0	0		0	110	0	0	0	0	0									
Culver's® Diet Root Beer, Medium	0	0	0	0	0		0	150	0	0	0	0	0									
Culver's® Diet Root Beer, Large	0	0	0	0	0		0	220	0	0	0	0	0									
Culver's® Root Beer, Small	220	0	0	0	0		0	110	59	0	58	0	0									
Culver's® Root Beer, Medium	300	0	0	0	0		0	150	81	0	79	0	0									
Culver's® Root Beer, Large	430	0	0	0	0		0	220	118	0	116	0	0									
Diet Dr Pepper®, Small	0	0	0	0	0		0	95	0	0	0	0	0									
Diet Dr Pepper®, Medium	0	0	0	0	0		0	130	0	0	0	0	0									
Diet Dr Pepper®, Large	0	0	0	0	0		0	190	0	0	0	0	0									
Diet Mountain Dew®, Small	5	0	0	0	0		0	75	1	0	1	0	0									
Diet Mountain Dew®, Medium	10	0	0	0	0		0	100	1	0	1	0	0									
Diet Mountain Dew®, Large	15	0	0	0	0		0	150	1	0	1	0	0									
Diet Pepsi®, Small	0	0	0	0	0		0	75	0	0	0	0	0									
Diet Pepsi®, Medium	0	0	0	0	0		0	105	0	0	0	0	0									
Diet Pepsi®, Large	0	0	0	0	0		0	150	0	0	0	0	0									
Dr Pepper®, Small	190	0	0	0	0		0	60	52	0	51	0	0									
Dr Pepper®, Medium	260	0	0	0	0		0	80	72	0	70	0	0									
Dr Pepper®, Large	380	0	0	0	0		0	115	104	0	102	0	0									
Fresh Brewed Sweet Tea, Small	130	0	0	0	0		0	0	33	0	33	0	0									
Fresh Brewed Sweet Tea, Medium	180	0	0	0	0		0	0	46	0	46	0	0									
Fresh Brewed Sweet Tea, Large	260	0	0	0	0		0	0	67	0	67	0	0									
Fresh Brewed Sweet Tea, Small (Southern)	190	0	0	0	0		0	0	50	0	0	0	0									
Fresh Brewed Sweet Tea, Medium (Southern)	270	0	0	0	0		0	0	68	0	0	0	0									
Fresh Brewed Sweet Tea, Large (Southern)	390	0	0	0	0		0	0	100	0	0	0	0									
Fresh Brewed Tea, Small	0	0	0	0	0		0	0	0	0	0	0	0									
Fresh Brewed Tea, Medium	0	0	0	0	0		0	0	0	0	0	0	0									
Fresh Brewed Tea, Large	0	0	0	0	0		0	0	0	0	0	0	0									
Milk, 1%	110	20	2	1.5	0		10	130	13	0	12	8	30	●								
Mott's® Apple Juice	100	0	0	0	0		0	10	24	0	23	0	0									
Sierra Mist®, Small	200	0	0	0	0		0	45	54	0	54	0	0									
Sierra Mist®, Medium	280	0	0	0	0		0	60	74	0	74	0	0									
Sierra Mist®, Large	410	0	0	0	0		0	90	108	0	108	0	0									
Mountain Dew®, Small	220	0	0	0	0		0	70	59	0	58	0	0									
Mountain Dew®, Medium	300	0	0	0	0		0	95	80	0	80	0	0									
Mountain Dew®, Large	430	0	0	0	0		0	140	117	0	117	0	0									
Pepsi®, Small	200	0	0	0	0		0	45	55	0	55	0	0									
Pepsi®, Medium	280	0	0	0	0		0	60	76	0	76	0	0									
Pepsi®, Large	410	0	0	0	0		0	85	110	0	110	0	0									
Tropicana® Fruit Punch, Small	230	0	0	0	0		0	45	60	0	60	0	0									
Tropicana® Fruit Punch, Medium	310	0	0	0	0		0	65	83	0	82	0	0									
Tropicana® Fruit Punch, Large	450	0	0	0	0		0	95	120	0	120	0	0									
Tropicana® Light Lemonade, Small	10	0	0	0	0		0	190	0	0	0	0	0									
Tropicana® Light Lemonade, Medium	10	0	0	0	0		0	260	0	0	0	0	0									
Tropicana® Light Lemonade, Large	15	0	0	0	0		0	380	1	0	0	0	0									
Wild Cherry Pepsi®, Small	210	0	0	0	0		0	40	56	0	56	0	0									
Wild Cherry Pepsi®, Medium	280	0	0	0	0		0	55	77	0	77	0	0									
Wild Cherry Pepsi®, Large	410	0	0	0	0		0	85	112	0	112	0	0									

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

Condiments

American Cheese
Bleu Cheese
Cheddar Cheese
Dill Pickles
Frank's RedHot Buffalo Dipping Sauce
Honey Mustard
Horseradish Sauce
Ketchup
Lettuce
Mayonnaise
Mushrooms
Mustard
Red Onion
Swiss Cheese
Tomato

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

Banana Split
Caramel Cashew
Turtle

Lemon Ice

Lemon Ice (plain or with toppings listed in this document)

Mix-Ins & Toppings

Nuts

Cashews
Pecans

Fruits

Banana
Blackberries
Blueberries
Wild Cherries
Mango
Peaches
Raspberries
Strawberries

Mix-Ins & Toppings

(continued)

Ooey Gooley

Crème® De Menthe
Chocolate Syrup
Hot Caramel
Hot Fudge
Marshmallow Topping
Novelty Chocolate
Reese's® Peanut Butter
Salted Caramel
Whipped Cream

Candies

Andes Crème de Menthe®
Butterfinger®
Heath®
M&M's®
Reese's® Peanut Butter Cups
Snickers®
Dove® Chocolate Pieces



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

© 2021 Culver Franchising System, LLC. ButterBurger®, ButterBurgers®, Concrete Mixer® and George's Chili® are registered trademarks, and Culver's® is a registered service mark of Culver Franchising System, LLC. BUTTERFINGER® is a trademark of Ferrero Group. Diet Pepsi®, Mountain Dew, Pepsi®, Sierra Mist and Wild Cherry Pepsi® are registered trademarks of PepsiCo, Inc. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc, used under license. M&M's® and Snickers® are registered trademarks of Mars, Incorporated. OREO® is a registered trademark of Mondelez International group, used under license. REESE'S® and HEATH® are trademarks used under license from Hershey Chocolate and Confectionery Corporation. Andes® is a registered trademark of TR Brands. Tropicana is a registered trademark of Tropicana Products, Inc.



Stay in touch:



Want delicious deals and perks? Visit culvers.com to join MyCulver's.