



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](http://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	SEAFOOD	
Bottled Water	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	●									
Coca-Cola High Yield, Small	200	0	0	0	0		0	55	54	0	54	0	0										
Coca-Cola High Yield, Medium	270	0	0	0	0		0	75	74	0	74	0	0										
Coca-Cola High Yield, Large	390	0	0	0	0		0	105	107	0	107	0	0										
Coca-Cola Zero Sugar, Small	0	0	0	0	0		0	55	0	0	0	0	0										
Coca-Cola Zero Sugar, Medium	0	0	0	0	0		0	75	0	0	0	0	0										
Coca-Cola Zero Sugar, Large	0	0	0	0	0		0	105	0	0	0	0	0										
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 Coke High Yield, Small	0	0	0	0	0		0	65	0	0	0	0	0										
Diet Coke High Yield, Medium	0	0	0	0	0		0	90	1	0	0	0	0										
Diet Coke High Yield, Large	0	0	0	0	0		0	130	1	0	0	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										
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										
Fanta Orange, Small	210	0	0	0	0		0	55	53	0	53	0	0										
Fanta Orange, Medium	280	0	0	0	0		0	75	73	0	73	0	0										
Fanta Orange, Large	410	0	0	0	0		0	105	106	0	106	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										
Hi-C Flashin Fruit Punch, Small	210	0	0	0	0		0	100	57	0	55	0	0										
Hi-C Flashin Fruit Punch, Medium	300	0	0	0	0		0	135	78	0	76	0	0										
Hi-C Flashin Fruit Punch, Large	430	0	0	0	0		0	200	113	0	110	0	0										
Mello Yello, Small	220	0	0	0	0		0	65	58	0	58	0	0										
Mello Yello, Medium	300	0	0	0	0		0	95	80	0	80	0	0										
Mello Yello, Large	440	0	0	0	0		0	135	116	0	116	0	0										
Milk, 1%	110	20	2	1.5	0		10	130	13	0	12	8	30	●									
Minute Maid Lemonade (HFCS), Small	180	0	0	0	0		0	130	48	0	46	0	0										
Minute Maid Lemonade (HFCS), Medium	250	0	0	0	0		0	180	66	0	63	0	0										
Minute Maid Lemonade (HFCS), Large	370	0	0	0	0		0	260	96	0	92	0	0										
Mott's® Apple Juice	100	0	0	0	0		0	10	24	0	23	0	0										
Powerade Mountain Berry Blast, Small	120	0	0	0	0		0	150	29	0	29	0	0										
Powerade Mountain Berry Blast, Medium	160	0	0	0	0		0	210	40	0	40	0	0										
Powerade Mountain Berry Blast, Large	230	0	0	0	0		0	300	59	0	58	0	0										
Sprite High Yield, Small	190	0	0	0	0		0	95	50	0	50	0	0										
Sprite High Yield, Medium	250	0	0	0	0		0	130	68	0	68	0	0										
Sprite High Yield, Large	370	0	0	0	0		0	190	99	0	99	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  
Fry Sauce  
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  
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



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](http://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](http://www.culvers.com/contact-us)

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