



# NUTRITIONAL INFORMATION

	Serving Size	Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Sugars	Dietary Fiber	Protein
<b>SANDWICHES</b>												
Original Burger	1	337	98	12	3	1	57	690	35	8	4	24
Original Cheeseburger	1	377	128	16	5	1	60	905	36	8	4	26
Original Double Burger	1	515	183	22	6	1	107	1,203	43	13	5	39
Original Double Cheeseburger	1	555	213	25	7	1	109	1,418	44	14	5	41
Thick-Style Traditional Burger	1	519	213	25	7	<1	109	827	36	10	3	40
Thick-Style Mexi Burger (select loc.)	1	540	213	27	7	1	112	1,197	36	5	4	38
Thick-Style Bacon Cheeseburger	1	654	317	37	11	1	134	1,184	38	11	4	46
Double Thick Burger	1	955	506	58	18	2	226	1,396	39	12	3	74
Kids Burger	1	315	91	12	3	<1	53	509	33	7	3	22
Toasted Cheese	1	220	60	9	4	0	5	680	29	4	3	11
Crispy Tender Sandwich	1	493	208	25	3	0	83	1,212	42	6	4	28
Spicy Tender Sandwich (select loc.)	1	560	278	33	4	0	88	1,253	41	5	4	28
Deluxe Tender Sandwich (select loc.)	1	689	332	39	8	0	111	1,691	53	17	4	36
Grilled Chicken Sandwich	1	262	17	3	0.5	0	83	706	29	4	4	32
<b>CHICKEN</b>												
Individual Tender	1	98	34	4	0.3	0	37	306	6	0	0	10
20 Piece Tender Tray	20	1,950	676	76	6	0	734	6,124	122	6	6	198
2 Tenders	2	195	68	8	0.6	0	73	612	12	1	1	20
3 Tenders	3	293	101	11	0.9	0	110	919	18	1	1	30
4 Tenders	4	390	135	15	1.2	0	147	1,225	24	1	1	40
Crispy Chicken Nuggets	10 piece	223	0	0	1.45	0	70	484	9	0	0	22.51
Crispy Chicken Nuggets	5 piece	112	0	0	0.73	0	35	242	4.5	0	0	11.25
Nugget Tray	60 piece	1,338	0	0	8.7	0	420	2,904	54	0	0	135
<b>SIDES</b>												
Regular Fries	4 oz	248	99	11	1.2	0	5	363	34	1	3	3
Mega Fries	8 oz	497	198	22	2.5	0	10	726	68	1	6	6
Slaw	4 oz	110	0	8	1	0	5	130	10	6	3	3
<b>LOADED FRIES</b>												
Milo's Fries	1	658	312	36	8	1	117	1,250	46	4	4	35
Mexi Fries	1	413	183	22	5	0	30	1,523	41	1	4	10
<b>DRINKS</b>												
Coke	14oz cup w/ice	18	0	0	0	0	0	22	20	20	0	0
Diet Coke	14oz cup w/ice	0	0	0	0	0	0	19	0	0	0	0
Caffeine Free Diet Coke	14oz cup w/ice	0	0	0	0	0	0	20	0	0	0	0
Fruit Punch	14oz cup w/ice	77	0	0	0	0	0	96	21	20	0	0
Lemonade	14oz cup w/ice	75	0	0	0	0	0	0	18	18	0	0
Diet Lemonade	14oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Dr Pepper	14oz cup w/ice	75	0	0	0	0	0	30	20	19	0	0
Diet Dr Pepper	14oz cup w/ice	0	0	0	0	0	0	30	0	0	0	0
Sprite	14oz cup w/ice	70	0	0	0	0	0	33	19	19	0	0
Tea (Splenda)	14oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Tea (Sweet)	14oz cup w/ice	66	0	0	0	0	0	8	16	14	0	0
Tea (Unsweet)	14oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Coke	20oz cup w/ice	128	0	0	0	0	0	41	36	36	0	0
Diet Coke	20oz cup w/ice	0	0	0	0	0	0	37	0	0	0	0
Caffeine Free Diet Coke	20oz cup w/ice	0	0	0	0	0	0	37	0	0	0	0
Fruit Punch	20oz cup w/ice	142	0	0	0	0	0	176	38	36	0	0
Lemonade	20oz cup w/ice	193	0	0	0	0	0	21	45	45	0	0
Diet Lemonade	20oz cup w/ice	14	0	0	0	0	0	21	0	0	0	0
Dr Pepper	20oz cup w/ice	138	0	0	0	0	0	55	36	35	0	0
Diet Dr Pepper	20oz cup w/ice	0	0	0	0	0	0	55	0	0	0	0
Sprite	20oz cup w/ice	128	0	0	0	0	0	60	35	35	0	0
Tea (Splenda)	20oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Tea (Sweet)	20oz cup w/ice	120	0	0	0	0	0	15	29	25	0	0

Tea (Unsweet)	20oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Coke	30oz cup w/ice	188	0	0	0	0	0	131	41	41	0	0
Diet Coke	30oz cup w/ice	0	0	0	0	0	0	21	0	0	0	0
Caffeine Free Diet Coke	30oz cup w/ice	0	0	0	0	0	0	53	0	0	0	0
Fruit Punch	30oz cup w/ice	193	0	0	0	0	0	240	51	50	0	0
Lemonade	30oz cup w/ice	188	0	0	0	0	0	0	45	45	0	0
Diet Lemonade	30oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Dr Pepper	30oz cup w/ice	188	0	0	0	0	0	75	50	48	0	0
Diet Dr Pepper	30oz cup w/ice	0	0	0	0	0	0	75	0	0	0	0
Sprite	30oz cup w/ice	175	0	0	0	0	0	16	48	48	0	0
Tea (Splenda)	30oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Tea (Sweet)	30oz cup w/ice	164	0	0	0	0	0	20	40	34	0	0
Tea (Unsweet)	30oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Coke	42oz cup w/ice	209	0	0	0	0	0	67	59	59	0	0
Diet Coke	42oz cup w/ice	0	0	0	0	0	0	56	0	0	0	0
Caffeine Free Diet Coke	42oz cup w/ice	0	0	0	0	0	0	60	0	0	0	0
Fruit Punch	42oz cup w/ice	232	0	0	0	0	0	288	61	60	0	0
Lemonade	42oz cup w/ice	225	0	0	0	0	0	0	54	54	0	0
Diet Lemonade	42oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Dr Pepper	42oz cup w/ice	225	0	0	0	0	0	90	59	58	0	0
Diet Dr Pepper	42oz cup w/ice	0	0	0	0	0	0	90	0	0	0	0
Sprite	42oz cup w/ice	210	0	0	0	0	0	98	57	57	0	0
Tea (Splenda)	42oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0
Tea (Sweet)	42oz cup w/ice	197	0	0	0	0	0	24	48	41	0	0
Tea (Unsweet)	42oz cup w/ice	0	0	0	0	0	0	0	0	0	0	0

## DESSERTS

Apple Pie	1	256	109	12	2.8	0	4	247	34	7	1	2
Cherry Pie	1	230	98	9	3	0	0	200	38	19	<1	2
Scratch Made Peach Pie	1	290	123	12	2	<1	0	45	37	16	0	3
Scratch Made Lemon Pie	1	335	142	17	3	2	35	90	48	22	0	4
Vanilla Bean Shake	14oz; Regular	696	165	19	12	0	62	371	125	110	0	12
Chocolate Shake	14oz; Regular	696	165	19	12	0	62	371	123	110	0	12
Strawberry Shake	14oz; Regular	668	165	19	12	0	62	405	117	104	0	12
Cookies & Cream Shake	14oz; Regular	806	205	23	14	0	62	601	147	120	1	14
Vanilla Bean Shake	20oz; Large	1,020	240	27	18	0	90	540	183	162	0	18
Chocolate Shake	20oz; Large	1,020	240	27	18	0	90	540	180	162	0	18
Strawberry Shake	20oz; Large	978	240	27	18	0	90	591	171	153	0	18
Cookies & Cream Shake	20oz; Large	1,185	300	34	20	0	90	885	216	177	2	21

## SAUCES & OTHER EXTRAS

Milo's Sauce	1.5oz	25	0	0	0	0	0	335	6	4	1	1
Honey Mustard	1.5 oz	230	180	20	3	0	15	230	12	12	0	1
Ranch Sauce	1.5 oz	225	210	24	3.75	0	15	360	2	2	0	2
Boom Boom Sauce	1.5 oz	225	210	24	3.75	0	15	360	2	2	0	2
Double O Sauce	1.5oz	158	140	16	2.5	0	10	350	3	2	1	1
Ketchup	1.5 oz	45	0	0	0	0	0	570	12	12	0	0
Add Cheese	1 slice	40	30	4	1.75	0	3	215	1	1	0	2
Add Bacon	2 slices	80	54	6	3	0	20	350	0	0	0	6

## COMBOS WITHOUT DRINK

Original Burger with Fries		585	197	23	4	<1	62	1,053	69	8	7	27
Original Burger with Slaw		447	98	20	4	<1	62	820	45	14	7	27
Original Cheeseburger with Fries		625	227	27	6	<1	65	1,268	70	9	7	29
Original Cheeseburger with Slaw		487	128	23	6	<1	65	1,035	46	14	7	29
Original Double Burger with Fries		763	282	33	7	1	112	1,566	77	14	8	42
Original Double Burger with Slaw		625	183	29	7	1	112	1,333	53	19	8	42
Original Double Cheeseburger with Fries		803	312	36	9	1	114	1,781	78	14	8	44
Original Double Cheeseburger with Slaw		665	213	33	8	1	114	1,548	54	20	8	44
Double Thick-Style with Fries		1,203	605	69	19	2	231	1,759	73	12	6	77
Double Thick-Style with Slaw		1,065	506	66	19	2	231	1,526	49	18	6	77
Mexi Burger with Fries		788	312	38	8	1	117	1,560	70	5	7	42
Mexi Burger with Slaw		650	213	34	8	1	117	1,327	46	11	7	41
Bacon Cheeseburger with Fries		902	416	48	13	1	139	1,547	72	12	7	49
Bacon Cheeseburger with Slaw		764	317	44	12	1	139	1,314	48	17	7	49
Mega Meal: Double Cheeseburger, Mega Fries and Pie		1,308	520	59	13	1	123	2,390	146	21	12	50
Thick-Style Traditional Burger with Fries		767	312	36	9	<1	114	1,189	70	10	6	43
3 Tenders with Fries		541	200	22	2.1	0	115	1,282	52	1	4	33
3 Tenders with Slaw		403	101	19	1.9	0	115	1,049	28	7	4	33

3 Tenders with Fries & Slaw	651	200	30	3	0	120	1,412	62	7	7	36
4 Tenders with Fries	638	234	26	2	0	152	1,588	58	2	4	43
4 Tenders with Slaw	500	135	23	2	0	152	1,355	34	7	4	43
4 Tenders with Fries & Slaw	748	234	34	3	0	157	1,718	68	8	7	46
Chicken Sand (Grilled) with Fries	510	116	14	1.7	0	88	1,069	63	4	6	35
Chicken Sand (Grilled) with Slaw	372	17	11	1.5	0	88	836	39	10	7	35
Chicken Sand (Crispy) w/ sauce w/ Fries	741	307	36	4	0	89	1,575	76	6	7	31
Chicken Sand (Crispy) w/ sauce w/ Slaw	603	208	33	4	0	88	1,342	52	12	7	31
Spicy Crispy w/ Fries	808	377	44	6	0	94	1,616	75	6	7	32
Spicy Crispy w/ Slaw	670	278	41	5	0	93	1,383	51	11	7	31
Crispy Chicken Deluxe with Fries	937	431	50	10	0	116	2,054	87	17	7	39
Crispy Chicken Deluxe with Saw	799	332	46	9	0	116	1,821	63	23	7	39
2 Tenders with Fries	443	167	19	2	0	79	975	46	1	4	23
Kids Burger with Fries	563	190	23	4	0	58	872	67	8	6	25
Toasted Cheese with Fries	468	159	20	5	0	10	1,043	63	5	6	14
5 Count Nugget w/ Fries	360	99	11	2	0	40	605	39	1	3	14
10 Count Nugget w/ Fries	471	99	11	3	0	75	847	43	1	3	26
Crispy Tender Sandwich	741	307	36	4	0	89	1,575	76	6	7	31
Spicy Tender Sandwich	808	377	44	6	0	94	1,616	75	6	7	32
Deluxe Tender Sandwich	937	431	50	10	0	116	2,054	87	17	7	39

<b>MILO'S</b> THE ORIGINAL SINCE 1946		<b>ALLERGEN INFORMATION</b>						
	Eggs	Fish/Shellfish	Milk	Peanuts	Soy	Tree Nuts	Wheat	
<b>BURGERS</b>								
Hamburger					X		X	
Cheeseburger			X		X		X	
Thick-Style Burger					X		X	
Toasted Cheese			X		X		X	
Mexi Burger			X		X		X	
<b>CHICKEN</b>								
Tenders	X		X				X	
Crispy Chicken Sandwich	X		X		X		X	
Grilled Chicken Sandwich					X		X	
Crispy Chicken Deluxe	X		X		X		X	
<b>LOADED FRIES</b>								
Mexi Fries			X				X	
Milo's Fries			X				X	
<b>SIDES</b>								
Fries							X	
Slaw								
<b>DESSERTS</b>								
Apple & Cherry Pies							X	
Scratch Made Pies	X		X		X		X	
Milkshakes	X		X					
<b>DRINKS</b>								
Fountain Drinks								
Tea								
<b>SAUCES</b>								
Boom Boom	X							
Honey Mustard	X							
Milo's Sauce								
Double-O	X		X					
Ranch	X		X					