

Wienerschnitzel Nutrition Information Including Tastee-Freez

	Calories (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
HOT DOGS - ORIGINAL															
Chili Cheese Dog	350	180	20	7	0	50	30	1	4	15	181	0	1160	166	3
Chili Dog	300	140	15	5	0	40	30	1	4	12	32	0	900	92	3
Mustard Dog	280	130	14	4	0	35	28	1	4	11	0	0	700	87	2
Relish Dog	290	130	14	4	0	35	31	1	6	11	0	0	750	88	2
Kraut Dog	280	130	14	4	0	35	29	2	4	12	0	3	860	87	2
Deluxe Dog	290	130	14	4	0	35	30	1	5	11	176	6	1120	90	2
Plain Hot Dog	280	130	14	4	0	35	28	1	4	11	0	0	650	87	2
Chicago Dog	330	130	15	4	0	35	37	2	12	12	1676	66	2630	106	3
Bacon Street Dog	350	180	20	5	0	40	30	1	6	14	72	1	1000	90	2
Junkyard Dog	430	210	24	7	0	50	42	2	5	15	181	1	1370	166	3
Blazin' Dog	360	180	20	7	0	50	31	2	5	15	383	1	1380	168	3
Green Chile Chili Cheese Dog	390	200	22	9	0	60	31	1	5	18	244	7	1080	233	3
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Substitute Pretzel Bun <i>(in place of standard bun)</i>	80	0	0	0	0	0	15	1	-1	2	0	0	120	-40	-2
Substitute Angus All Beef Hot Dog <i>(in place of Original hot dog)</i>	100	90	10	4	1	15	1	0	1	3	0	0	220	-20	0
Substitute Polish Sausage <i>(in place of Original hot dog)</i>	140	110	12	5	0	25	2	0	0	7	80	0	420	-17	0
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BURGERS															
Classic Burger with Thousand Island Dressing	490	260	29	8	1	85	30	2	6	28	531	5	1140	88	4
BBQ Bacon Cheeseburger	640	340	38	13	1	110	33	1	9	40	403	2	2030	150	4
Blazin' Bacon Guacamole Burger	650	370	42	12	1	100	30	3	4	39	767	7	1970	84	4
Chili Cheeseburger	490	250	28	10	1	95	28	1	3	32	434	0	1340	152	4
Chili Burger	440	210	23	7	1	85	28	1	3	29	284	0	1090	77	4
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CHICKEN SCHNITZEL															
Classic Ranch Chicken Schnitzel	490	250	28	4	1	45	44	2	5	18	231	4	1190	70	2
BBQ Bacon Chicken Schnitzel	640	310	34	8	1	65	52	2	12	30	150	3	2050	129	1
Blazin' Bacon Guacamole Chicken Schnitzel	610	320	36	7	1	50	45	4	4	28	514	7	1840	57	2
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CHILI CHEESE FRIES															
Chili Cheese Fries, Regular	530	260	29	6	0	30	53	5	1	13	276	2	1240	151	1
Chili Cheese Fries, Large	1060	500	55	9	0	35	117	12	2	21	340	4	2480	160	2
Bacon Ranch Chili Cheese Fries, Regular	630	350	39	8	0	35	54	5	2	16	276	2	1620	163	1
Bacon Ranch Chili Cheese Fries, Large	1350	740	82	17	0	70	119	12	3	33	552	4	3380	326	2
Blazin' Chili Cheese Fries, Regular	540	260	29	6	0	30	54	6	1	13	487	2	1490	152	1
Blazin' Chili Cheese Fries, Large	1170	570	63	13	0	55	120	13	3	27	1152	6	3720	306	3
Green Chile Chili Cheese Fries, Regular	660	350	39	10	0	40	54	6	2	23	370	2	2050	385	1
Green Chile Chili Cheese Fries, Large	1410	730	82	20	0	85	119	14	4	47	741	4	4240	770	2
Thousand Island Chili Cheese Fries, Regular	710	410	45	11	0	45	60	6	7	16	520	5	1680	248	1
Thousand Island Chili Cheese Fries, Large	1510	860	95	22	0	95	131	13	13	33	1041	10	3500	497	2
Blazin' Bacon Guacamole Chili Cheese Fries, Regular	730	400	45	11	0	45	58	8	2	24	1412	38	2580	152	3
Blazin' Bacon Guacamole Chili Cheese Fries, Large	1540	850	94	22	0	90	125	17	4	49	2444	60	5200	305	5
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	Calories (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
FRIES															
Fries, Small	310	140	16	1.5	0	0	38	4	0	4	0	1	510	0	0
Fries, Medium	440	200	23	2	0	0	54	6	0	6	0	2	780	0	1
Fries, Large	750	350	39	3	0	0	92	9	1	10	0	3	1330	0	1
Chili Cheese Fries Burrito	470	180	20	6	0	20	60	3	1	13	173	1	1170	249	2
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SPECIALTIES															
Corn Dog	230	120	13	3	0	40	21	1	6	8	0	0	490	48	1
Mini Corn Dogs (6 pak)	360	170	19	4	0	50	35	2	9	10	0	0	650	60	3
Mini Corn Dogs (12 pak)	710	350	39	8	0	95	70	3	18	21	0	0	1300	121	5
Mini Corn Dogs (20 pak)	1190	580	65	13	0	160	117	5	31	35	0	0	2170	201	9
Cinnabon Gooney Bites	530	140	16	7	0	25	88	3	43	8	500	5	340	100	4
Fritos Pie (not available at all locations)	450	260	29	8	0	25	35	2	3	12	276	0	990	191	1
Jalapeno Poppers (6 pak) without ranch dressing	300	150	16	5	0	20	31	3	3	8	208	0	920	104	0
Jalapeno Poppers (12 pak) without ranch dressing	600	290	33	11	0.5	40	61	5	6	15	416	0	1840	208	0
Ranch Dressing (for Jalapeno Poppers)	90	90	10	1.5	0	10	1	0	1	1	0	0	250	19	0
Polish Sausage Sandwich	500	310	34	11	0	70	36	2	0	23	193	0	1820	199	2
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BREAKFAST (not available at all locations)															
Burrito with Egg, Bacon & Cheese	420	180	20	8	0	195	38	1	1	21	311	2	1350	266	3
Burrito with Egg, Sausage & Cheese	510	260	29	12	0	215	42	1	1	20	311	2	1200	266	3
Chili Cheese Egg Breakfast Burrito	350	130	14	6	0	185	39	1	0	16	343	0	1000	272	3
Biscuit Sandwich with Egg, Bacon & Cheese	490	270	30	15	0	195	36	1	3	19	320	0	1730	158	3
Biscuit Sandwich with Egg, Sausage & Cheese	580	350	39	19	0	215	40	1	3	18	320	0	1580	158	3
Hash Brown Po'Taters	330	210	23	2	0	0	28	3	0	3	0	2	570	0	0
Biscuit & Gravy (not available at all breakfast locations)	390	190	21	11	0	5	42	1	3	7	0	0	1120	60	2
Country Breakfast (not available at all breakfast locations)	640	360	40	13	4	375	47	1	4	24	340	0	1820	85	4
Croissant with Egg, Bacon & Cheese (not available at all breakfast locations)	530	280	31	17	1	250	40	1	8	21	320	15	1260	158	3
Croissant with Egg, Sausage & Cheese (not available at all breakfast locations)	620	360	40	21	1	270	44	1	8	20	320	15	1110	158	3
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DRINKS															
Iced Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange Juice	140	0	0	0	0	0	33	0	28	2	0	60	0	20	0
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20 oz Pepsi (without ice)	250	0	0	0	0	0	68	0	68	0	0	0	60	0	0
20 oz Diet Pepsi (without ice)	0	0	0	0	0	0	0	0	0	0	0	0	60	0	0
20 oz Mountain Dew (without ice)	280	0	0	0	0	0	77	0	77	0	0	0	115	0	0
20 oz Sierra Mist (without ice)	230	0	0	0	0	0	65	0	65	0	0	0	60	0	0
20 oz Mug Root Beer (without ice)	270	0	0	0	0	0	72	0	72	0	0	0	110	0	0
20 oz Dr. Pepper (without ice)	230	0	0	0	0	0	65	0	65	0	0	0	75	0	0
20 oz Lemonade (without ice)	250	0	0	0	0	0	68	0	68	0	0	0	260	0	0
20 oz Brisk Strawberry Melon (without ice)	120	0	0	0	0	0	31	0	30	0	0	0	95	0	0
20 oz Strawberry Lemonade (without ice)	310	0	0	0	0	0	81	0	81	0	0	8	260	0	0
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	Calories (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
30 oz Pepsi (without ice)	370	0	0	0	0	0	103	0	103	0	0	0	90	0	0
30 oz Diet Pepsi (without ice)	0	0	0	0	0	0	0	0	0	0	0	0	90	0	0
30 oz Mountain Dew (without ice)	430	0	0	0	0	0	115	0	115	0	0	0	170	0	0
30 oz Sierra Mist (without ice)	350	0	0	0	0	0	98	0	98	0	0	0	85	0	0
30 oz Mug Root Beer (without ice)	400	0	0	0	0	0	108	0	108	0	0	0	160	0	0
30 oz Dr Pepper (without ice)	340	0	0	0	0	0	98	0	98	0	0	0	115	0	0
30 oz Lemonade (without ice)	370	0	0	0	0	0	100	0	100	0	0	0	390	0	0
30 oz Brisk Strawberry Melon (without ice)	180	0	0	0	0	0	46	0	44	0	0	0	145	0	0
30 oz Strawberry Lemonade (without ice)	460	0	0	0	0	0	122	0	122	0	0	15	390	0	0
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40 oz Pepsi (without ice)	500	0	0	0	0	0	137	0	137	0	0	0	115	0	0
40 oz Diet Pepsi (without ice)	0	0	0	0	0	0	0	0	0	0	0	0	115	0	0
40 oz Mountain Dew (without ice)	570	0	0	0	0	0	153	0	153	0	0	0	230	0	0
40 oz Sierra Mist (without ice)	470	0	0	0	0	0	130	0	130	0	0	0	115	0	0
40 oz Mug Root Beer (without ice)	530	0	0	0	0	0	143	0	143	0	0	0	220	0	0
40 oz Dr Pepper (without ice)	450	0	0	0	0	0	130	0	130	0	0	0	150	0	0
40 oz Lemonade (without ice)	490	0	0	0	0	0	133	0	133	0	0	0	520	0	0
40 oz Brisk Strawberry Melon (without ice)	230	0	0	0	0	0	61	0	59	0	0	0	190	0	0
40 oz Strawberry Lemonade (without ice)	610	0	0	0	0	0	163	0	162	0	0	15	520	0	2
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TASTEE-FREEZ															
Cone, Regular Plain	250	80	9	5	0	40	41	1	30	5	375	0	180	251	0
Cone, Regular with Sprinkles	320	110	12	6	1.5	40	52	1	37	5	375	0	180	252	0
Cone, Regular Chocolate Dipped	450	240	27	22	1	40	50	2	37	6	375	0	200	254	1
Cone, Small Plain	160	45	5	3	0	25	27	1	18	3	225	0	115	151	0
Cone, Small with Sprinkles	200	60	7	3.5	0.5	25	32	1	22	3	225	0	115	152	0
Cone, Small Chocolate Dipped	260	130	14	12	0.5	25	31	1	22	3	225	0	125	153	1
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Old Fashioned Sundae, Hot Fudge	400	150	16	10	0	55	63	1	51	7	489	0	250	333	0
Old Fashioned Sundae, Chocolate	390	130	14	8	0	55	64	2	52	7	490	0	250	327	0
Old Fashioned Sundae, Strawberry	370	120	14	8	0	55	59	1	49	7	495	2	220	325	0
Old Fashioned Sundae, Caramel	400	130	14	8	0	55	66	1	54	7	501	0	250	331	0
Mini Sundae, Hot Fudge	200	70	8	5	0	25	33	1	26	3	227	0	130	158	0
Mini Sundae, Chocolate	180	50	5	3	0	25	34	1	28	3	227	0	135	153	0
Mini Sundae, Strawberry	170	45	5	3	0	25	30	1	25	3	232	2	105	150	0
Mini Sundae, Caramel	200	50	6	3	0	25	36	1	30	3	239	0	135	156	0
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Oreo Shake	950	320	35	19	0	125	155	5	122	17	1130	0	670	766	2
Reese's Peanut Butter Cup Shake	900	360	40	20	0	130	129	4	105	18	1152	0	600	773	2
M&M's Shake	920	360	40	22	0	140	138	3	113	17	1125	0	530	750	0
Tastee Shake, Chocolate	700	220	24	14	0	105	117	3	96	14	1045	0	510	696	0
Tastee Shake, Strawberry	770	250	27	16	0	115	129	3	106	16	1176	0	530	782	0
Tastee Shake, Vanilla	700	220	24	14	0	105	116	3	95	14	1045	0	470	695	0
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Mug Root Beer Float	440	110	12	7	0	55	83	1	73	7	525	0	290	350	0
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Freezee, Oreo	630	220	24	13	0	90	99	3	76	13	900	0	480	609	1
Freezee, M&M	630	230	25	14	0	95	99	2	80	13	900	0	420	600	0
Freezee, Reese's Peanut Butter Cup	630	240	26	14	0	90	97	3	78	14	917	0	460	614	0
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Banana Split	760	220	24	9	0	65	131	8	107	13	584	14	320	392	1
Triple Berry Banana Split	770	210	24	9	0	65	133	7	96	12	577	15	300	385	1
Candy Banana Split	880	310	35	14	0	75	137	8	107	15	579	9	450	400	2
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<p>Wienerschnitzel attempts to provide nutrition and allergen information that is as complete as possible. Seasonal, regional, and limited-time items are not included. The information is based on standard product offerings. Variations may occur depending on local supplier, region of the country, season of the year, and customer requests. Nutritional values are based on USDA Standard Reference values, information from our suppliers, and the Genesis R&D Nutrition Analysis Program from ESHA Research in Salem, Oregon.</p>															

Wienerschnitzel Nutrition Information Including Tastee-Freez

	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Milk	Fish	Shellfish
HOT DOGS - ORIGINAL								
Chili Cheese Dog	X	X				X		
Chili Dog	X	X						
Mustard Dog	X	X						
Relish Dog	X	X						
Kraut Dog	X	X						
Deluxe Dog	X	X						
Plain Hot Dog	X	X						
Chicago Dog	X	X						
Bacon Street Dog	X	X			X			
Junkyard Dog	X	X				X		
Blazin' Dog	X	X				X		
Green Chile Chili Cheese Dog	X	X				X		
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Substitute Pretzel Bun <i>(in place of standard bun)</i>	X							
Substitute Angus All Beef Hot Dog <i>(in place of Original hot dog)</i>								
Substitute Polish Sausage <i>(in place of Original hot dog)</i>		X						
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BURGERS								
Classic Burger with Thousand Island Dressing	X				X	X		
BBQ Bacon Cheeseburger	X					X		
Blazin' Bacon Guacamole Burger	X				X	X		
Chili Cheeseburger	X	X				X		
Chili Burger	X	X						
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CHICKEN SCHNITZEL								
Classic Ranch Chicken Schnitzel	X	X			X	X		
BBQ Bacon Chicken Schnitzel	X	X			X	X		
Blazin' Bacon Guacamole Chicken Schnitzel	X	X			X	X		
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CHILI CHEESE FRIES								
Chili Cheese Fries, Regular	X	X				X		
Chili Cheese Fries, Large	X	X				X		
Bacon Ranch Chili Cheese Fries, Regular	X	X			X	X		
Bacon Ranch Chili Cheese Fries, Large	X	X			X	X		
Blazin' Chili Cheese Fries, Regular	X	X				X		
Blazin' Chili Cheese Fries, Large	X	X				X		
Green Chile Chili Cheese Fries, Regular	X	X				X		
Green Chile Chili Cheese Fries, Large	X	X				X		
Thousand Island Chili Cheese Fries, Regular	X	X			X	X		
Thousand Island Chili Cheese Fries, Large	X	X			X	X		
Blazin' Bacon Guacamole Chili Cheese Fries, Regular	X	X				X		
Blazin' Bacon Guacamole Chili Cheese Fries, Large	X	X				X		
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	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Milk	Fish	Shellfish
FRIES								
Fries, Small								
Fries, Medium								
Fries, Large								
Chili Cheese Fries Burrito	X	X				X		
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SPECIALTIES								
Corn Dog	X	X			X			
Mini Corn Dogs (6 pak)	X	X			X	X		
Mini Corn Dogs (12 pak)	X	X			X	X		
Mini Corn Dogs (20 pak)	X	X			X	X		
Cinnabon Gooney Bites	X	X				X		
Fritos Pie (not available at all locations)	X	X				X		
Jalapeno Poppers (6 pak) without ranch dressing	X					X		
Jalapeno Poppers (12 pak) without ranch dressing	X					X		
Ranch Dressing (for Jalapeno Poppers)		X			X	X		
Polish Sausage Sandwich	X	X				X		
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BREAKFAST (not available at all locations)								
Burrito with Egg, Bacon & Cheese	X	X			X	X		
Burrito with Egg, Sausage & Cheese	X	X			X	X		
Chili Cheese Egg Breakfast Burrito	X	X			X	X		
Biscuit Sandwich with Egg, Bacon & Cheese	X	X			X	X		
Biscuit Sandwich with Egg, Sausage & Cheese	X	X			X	X		
Hash Brown Po'Taters								
Biscuit & Gravy (not available at all breakfast locations)	X	X			X	X		
Country Breakfast (not available at all breakfast locations)	X	X			X	X		
Croissant with Egg, Bacon & Cheese (not available at all breakfast locations)	X	X			X	X		
Croissant with Egg, Sausage & Cheese (not available at all breakfast locations)	X	X			X	X		
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DRINKS								
Iced Tea								
Coffee								
Orange Juice								
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20 oz Pepsi (without ice)								
20 oz Diet Pepsi (without ice)								
20 oz Mountain Dew (without ice)								
20 oz Sierra Mist (without ice)								
20 oz Mug Root Beer (without ice)								
20 oz Dr. Pepper (without ice)								
20 oz Lemonade (without ice)								
20 oz Brisk Strawberry Melon (without ice)								
20 oz Strawberry Lemonade (without ice)								
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