

Whataburger

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Egg Sandwich (wheat bun)	310	4.5	740	34	1	15
Potato Taquito - no cheese	400	6	880	38	2	15
Bacon Taquito - no cheese	360	7	830	29	1	17
Hash Brown Sticks	190	1.5	500	21	2	2
Lighter & Smaller Menu - Sandwiches (wheat bun)						
Grilled Chicken Sandwich with Whatasauce	430	3.5	1030	44	4	32
Whataburger Jr.® w/ cheese	310	3	750	37	2	14
Whatacatch® Sandwich	490	3	880	59	5	19
Chicken Fajita Taco	340	3.5	1200	31	3	29
Grilled Chicken Melt	390	4	1330	39	3	33
Nuggets (sub ketchup for gravy) - toast not included						
Whatachick'n® Bites 6 Piece	390	2.5	780	25	2	30
Whatachick'n® Strips 3 Piece	460	4	1020	30	1	24
Salads - without dressing						
Apple & Cranberry Salad with Grilled Chicken	380	7	780	38	6	33
Garden Salad	160	6	220	10	5	10
Garden Salad with Grilled Chicken	290	7	770	12	6	34
Sides						
Apple Slices	30	0	0	8	1	0
French Fries (Small)	270	2	170	34	3	3
Low-Fat Herb Vinaigrette Dressing	35	0	470	7	0	0