



Fred's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Entrees						
Veggie Burger	510	6	1180	52	10	22
Grilled Chicken Club	530	8	1410	31	1	35
Spicy Chicken Sandwich	570	4.5	1630	44	1	32
Chicken Tenders - Regular	420	3	1330	29	2	35
Single Steakburger Lettuce Wrap	200	9	600	5	1	21
Veggie Burger Lettuce Wrap	330	5	910	27	11	19
Spicy Chicken Lettuce Wrap	390	3.5	1360	19	2	29
Crispy Chicken Lettuce Wrap	540	9	1480	19	3	39
Grilled Chicken Lettuce Wrap	350	7	1140	6	2	32
Condiments and Toppings						
Monterey Jack & Cheddar Cheese	50	3	80	0	0	3
Thousand Island	70	1	160	3	0	0
Mayonnaise	70	1.5	60	0	0	0
Fred's Famous Fry Sauce	120	2	288	4	0	0
Fred's Jalapeno Fry Sauce	120	2	330	4	0	0
Ketchup (1 oz cup)	30	0	250	8	0	0
Mustard	0	0	45	0	0	0

Fall 2025

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Jalapenos - raw	0	0	5	1	0	0
Sauteed Jalapenos	35	0	10	2	0	0
Pickle	5	0	360	1	0	0
Sliced Onions	5	0	0	1	0	0
Diced Onions	5	0	0	1	0	0
Grilled Onions	30	0	10	2	0	0
Tomato	5	0	0	1	0	0
SauerKraut	5	0	240	1	1	0
Relish	10	0	70	2	0	0
Freddy's Honey Mustard	100	1	250	7	0	0
Freddy's BBQ Sauce	35	0	220	9	0	0
Freddy's Buttermilk Ranch	140	2	300	2	0	1
Marinara	30	0	260	6	0	1
Sides						
Regular Freddy's Fries	400	3	260	48	4	7
Chili - cup with cheese	270	6	960	18	4	21
Applesauce	50	0	0	13	1	0
Freddy's Kettle Cooked Potato Chips	200	1.5	260	23	2	2
Onion Rings - Regular	380	3	610	49	3	4