



# Whataburger



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Breakfast</b>						
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 / Hashbrowns	190	1 / 1.5	500	21	2	2
<b>Sandwiches</b>						
Grilled Chicken Sandwich with Whatasauce	430	3.5	1030	44	4	32
Whataburger (no cheese)	590	8	1220	62	4	29
Whataburger Jr. (no 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
<b>Chicken Strips/Nuggets (no sauces)</b>						
Whatachick'n Strips - 3 piece (no sauces)	460	4	1020	30	1	24
Whatachick'n Bites (6)	390	2.5	780	25	2	30

Spring 2026



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Salads (without dressing)</b>						
Garden Salad	160	6	220	10	5	10
Garden Salad with Grilled Chicken	290	7	770	12	6	34
Cobb Salad with Grilled Chicken-no blue cheese	320	6	760	8	9	38
Apple & Cranberry Salad with Grilled Chicken-no blue cheese	270	2	380	36	6	27
<b>Sides</b>						
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
Salsa Verde	5	0	85	1	0	0

Spring 2026

