



Whataburger



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Egg Sandwich (wheat bun)	310	5	740	34	1	15
Potato Taquito - no cheese	405	7	880	38	2	15
Bacon Taquito - no cheese	360	7	800	28	1	18
Hash Brown Sticks	190	1	500	21	2	2
Sandwiches						
Grilled Chicken Sandwich with Whatasauce	430	4	1030	44	4	32
Whataburger (no cheese)	590	8	1220	62	4	29
Whataburger Jr. (no cheese)	310	3	580	36	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
Chicken Strips/Nuggets (no sauces)						
Whatachick'n Strips - 3 piece (no sauces)	490	5	960	32	3	25
Whatachick'n Bites (6)	390	2.5	780	25	2	30

Fall 2025



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salads - without dressing						
Garden Salad	160	5	240	11	9	8
Garden Salad with Grilled Chicken	290	6	790	13	10	32
Cobb Salad (grilled chicken)-no cheese	320	5	920	10	9	38
Apple & Cranberry Salad (grilled chicken)-no cheese	275	1	600	38	11	26
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
Salsa Verde	5	0	85	1	0	0

Fall 2025

