



Freddy's Full Nutrition Guide

Complete calorie and nutrition information for Freddy's menu items, including burgers, sides, drinks, frozen custard, and add-ons.

Prepared by:
FreddyMenu.us
<https://freddymenu.us/>

Disclaimer:

Nutrition information is compiled from publicly available sources and may vary by location, preparation methods, customization, and ingredient changes. For official information, please visit the official Freddy's website.

Disclaimer:

Chicken & Hot Dogs

Item	Calories	Total Fat (g)	Sat. Fat (g)	um (mg)	Carbs Sodi(g)	Protein (g)	Cho l. (mg)
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Grilled Chicken Club	530	29.00	8.00	1,410	31.00	35.00	100
Crispy Chicken Club	720	41.00	10.00	1,750	44.00	42.00	100
Spicy Chicken Sandwich	570	29.00	4.50	1,630	44.00	32.00	65
Chicken Tenders (3-Piece)	420	17.00	3.00	1,330	29.00	35.00	60
Chicken Tenders (5-Piece)	690	29.00	5.00	2,210	49.00	58.00	95
Hot Dog	420	24.00	9.00	1,000	35.00	15.00	40



Chili Cheese Dog	540	31.00	13.00	1,320	41.00	23.00	60
Lettuce Wrap (Modifier)	-180	-6.00	-1.00	-270	-25.00	-3.00	0

Kids Meals

Item	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)	Chol. (mg)
Kids Meal - Chicken Tenders	280	12.00	2.00	890	20.00	23.00	40
Kids Meal - Hot Dog	420	24.00	9.00	1,000	35.00	15.00	40



Kids Meal - Cheeseburger	430	22.00	8.00	1,120	30.00	26.00	80
Kids Meal - Steakburger (No Cheese)	380	18.00	5.00	870	29.00	23.00	70

Condiments & Sandwich Add-Ons

Item	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
Bacon	80	6.00	330	1.00	1.00	7.00
Cheese - Pepperjack	70	6.00	320	1.00	0	3.00



Cheese - Shrd. Monterey/Cheddar	50	4.50	80	0	0	3.00
Cheese - Swiss	50	4.00	240	1.00	0	3.00
Freddy's Smoky Fry Sauce (1oz)	130	13.00	300	4.00	3.00	0
Freddy's Buttermilk Ranch (1oz)	140	15.00	300	2.00	1.00	0.50
Freddy's Famous Fry Sauce (1oz)	120	12.00	288	4.00	2.00	0
Freddy's Hickory BBQ Sauce (1oz)	35	0	220	9.00	7.00	0

Freddy's Honey Mustard (1oz)	100	8.00	250	7.00	7.00	0
Freddy's Jalapeño Fry Sauce (1oz)	120	12.00	330	4.00	2.00	0
Jalapeños - Raw	0	0	470	1.00	1.00	0
Jalapeños - Sautéed	35	3.00	10	2.00	1.00	0
Ketchup (Standard)	5	0	45	2.00	2.00	0
Ketchup (0.95 oz Cup)	30	0	250	8.00	6.00	0
Marinara (2 oz cup)	30	0.50	260	6.00	3.00	1.00

Mayonnaise (Standard)	70	8.00	60	0	0	0
Mayonnaise (Packet)	80	8.00	80	1.00	0	0
Mustard (Standard/Packet)	0	0	45-65	0	0	0
Onion - Diced or Sliced	5	0	0	1.00	1.00	0
Onion - Grilled	30	2.00	10	2.00	1.00	0
Relish (Standard/Packet)	5-10	0	35-70	2.00	2.00	0
Sauerkraut	5	0	240	1.00	0	0

Thousand Island	70	7.00	160	3.00	2.00	0
Tomato	5	0	0	1.00	0	0

Frozen Custard Toppings

Topping	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
Banana	20	0	0	5.00	3.00	0
Brownie	170	6.00	125	26.00	17.00	2.00
Butterfinger®	120	4.50	60	19.00	12.00	1.00

Cheesecake	60	3.50	55	6.00	4.00	1.00
Cherry Syrup	60	0	40	15.00	14.00	0
Chocolate Chips	130	8.00	0	19.00	15.00	2.00
Chocolate Syrup	80	0	10	21.00	17.00	1.00
Cookie Dough	100	4.50	50	16.00	9.00	1.00
Gummy Worm	100	0	10	23.00	16.00	2.00
Heath® Toffee Bar	120	8.00	75	14.00	14.00	0

Hot Caramel	150	1.50	115	33.00	23.00	1.00
Hot Fudge	160	5.00	70	25.00	19.00	0
Maraschino Cherry	5	0	0	2.00	2.00	0
Marshmallow	70	0	15	18.00	15.00	0
M&M® Candies	160	7.00	20	21.00	19.00	1.00
OREO® Cookie Pieces	80	3.00	60	12.00	6.00	1.00
Pecans	120	12.00	0	2.00	1.00	2.00

Reese's Peanut Butter Cup	160	9.00	110	18.00	15.00	3.00
Reese's PB Sauce	120	11.00	100	4.00	2.00	4.00
Sprinkles	120	4.00	15	21.00	18.00	0
Strawberry	60	0	0	15.00	13.00	0
Whipped Cream	30	2.50	10	2.00	2.00	0

Sides

Item	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Applesauce	50	0	0	0	13.00	0
Cheese Fries - Large	710	36.00	8.00	1,210	78.00	20.00
Cheese Fries - Regular	470	26.00	5.00	710	53.00	6.00
Cheese Curds - Large	1,110	81.00	41.00	2,530	43.00	52.00
Cheese Curds - Regular	520	38.00	19.00	1,180	20.00	24.00



Chili - Bowl (w/ Cheese)	390	19.00	8.00	1,440	28.00	31.00
Chili - Cup (w/ Cheese)	270	14.00	6.00	960	18.00	21.00
Chili Cheese Fries - Large	710	36.00	8.00	1,210	78.00	20.00
Chili Cheese Fries - Regular	520	27.00	6.00	830	58.00	12.00
Freddy's Fries - Kid's	230	12.00	2.00	150	27.00	3.00
Freddy's Fries - Large	520	27.00	4.00	340	62.00	7.00

Freddy's Fries - Regular	400	21.00	3.00	260	48.00	7.00
Kettle Cooked Chips	200	12.00	1.50	260	23.00	2.00
Freddy's Tots - Kid's	300	23.00	5.00	700	23.00	2.00
Freddy's Tots - Large	680	52.00	12.00	1,570	51.00	4.00
Freddy's Tots - Regular	530	40.00	9.00	1,220	39.00	3.00



Onion Rings - Regular	380	19.00	3.00	610	49.00	4.00
Onion Rings - Large	770	38.00	6.00	1,230	98.00	9.00

Drinks

Beverage	Size	Calories	Sodium (mg)	Carbs (g)	Sugars (g)
Pepsi®	S / M / L	160 / 260 / 410	30 / 55 / 85	41 / 69 / 110	41 / 69 / 110
Diet Pepsi®	S / M / L	0 / 0 / 0	55 / 95 / 150	0 / 0 / 0	0 / 0 / 0

Dr. Pepper®	S / M / L	160 / 260 / 410	60 / 100 / 160	40 / 66 / 105	40 / 66 / 105
Diet Dr. Pepper®	S / M / L	0 / 0 / 0	60 / 100 / 160	0 / 0 / 0	0 / 0 / 0
MUG® Root Beer	S / M / L	160 / 260 / 410	45 / 75 / 120	39 / 65 / 104	39 / 65 / 104
Mountain Dew®	S / M / L	170 / 290 / 460	50 / 75 / 135	44 / 65 / 117	44 / 65 / 117
Diet Mountain Dew®	S / M / L	0 / 10 / 15	55 / 90 / 150	0 / 1 / 1	0 / 1 / 1
MTN Dew Code Red®	S / M / L	170 / 290 / 460	0 / 85 / 130	46 / 77 / 123	46 / 77 / 123

Mist Twist®	S / M / L	160 / 260 / 410	155 / 55 / 90	40 / 68 / 108	40 / 68 / 108
Tropicana® Lemonade	S / M / L	160 / 260 / 410	155 / 260 / 410	40 / 67 / 107	40 / 67 / 107
Pink Lemonade	S / M / L	160 / 260 / 410	155 / 260 / 410	40 / 67 / 107	40 / 67 / 107
Light Lemonade	S / M / L	0 / 10 / 15	140 / 235 / 375	0 / 0 / 1	0 / 0 / 0
Fruit Punch	S / M / L	170 / 290 / 460	35 / 60 / 95	45 / 75 / 120	45 / 75 / 120
Wild Cherry Pepsi®	S / M / L	160 / 260 / 410	30 / 50 / 85	42 / 70 / 112	42 / 70 / 112



Luzianne® Sweet Tea	S / M / L	110 / 180 / 280	5 / 10 / 15	27 / 46 / 73	27 / 46 / 73
Luzianne® Unsweet	S / M / L	0 / 0 / 0	0 / 0 / 0	0 / 0 / 0	0 / 0 / 0
Brisk® Raspberry	S / M / L	80 / 130 / 200	45 / 70 / 115	20 / 33 / 52	20 / 33 / 52
Brisk® Peach	S / M / L	0 / 5 / 10	105 / 175 / 285	0 / 0 / 0	0 / 0 / 0
Sobe® Lifewater	S / M / L	0 / 0 / 0	45 / 80 / 125	0 / 0 / 1	0 / 0 / 0

Steakburgers



Item	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)	Chol. (mg)
Smash Burger Taco (LTO)	360	21.00	560	17.00	25.00	85
Single Steakburger (No Cheese)	380	12.00	870	30.00	24.00	70
Double Steakburger (No Cheese)	570	29.00	1,060	30.00	43.00	135
Triple Steakburger (No Cheese)	760	41.00	1,250	30.00	63.00	205

Bacon & Cheese - Single	520	28.00	1,460	32.00	33.00	100
Bacon & Cheese - Double	760	44.00	1,890	33.00	55.00	180
Bacon & Cheese - Triple	990	60.00	2,330	34.00	77.00	260
California Style - Single	510	29.00	890	35.00	27.00	90
California Style - Double	750	45.00	1,320	36.00	49.00	170
California Style - Triple	980	61.00	1,760	37.00	71.00	250

Cheeseburger - Single	430	22.00	1,120	31.00	26.00	80
Cheeseburger - Double	670	38.00	1,560	32.00	48.00	160
Cheeseburger - Triple	910	54.00	2,000	33.00	70.00	240
Patty Melt - Single	540	28.00	1,040	39.00	30.00	80
Patty Melt - Double	780	44.00	1,470	40.00	52.00	160
Patty Melt - Triple	1,020	60.00	1,900	41.00	74.00	240

Jalapeño Pepper Jack - Single	530	33.00	960	31.00	27.00	95
Jalapeño Pepper Jack - Double	790	50.00	1,470	32.00	49.00	180
Jalapeño Pepper Jack - Triple	1,050	68.00	1,980	33.00	72.00	270
Prime Steakburger - Single	770	54.00	1,350	33.00	34.00	130
Prime Steakburger - Double	1,000	70.00	1,780	34.00	56.00	210



Prime Steakburger - Triple	1,240	86.00	2,210	35.00	78.00	290
Grilled Cheese Steakburger (Dbl)	1,050	67.00	2,340	52.00	64.00	215
Veggie Burger	510	24.00	1,180	52.00	22.00	20
Lettuce Wrap (Modifier)	-180	-6.00	-270	-25.00	-3.00	0

Frozen Custard

Item	Size	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)

Hot Chocolate Frost (LTO)	Mini / Reg / Lrg	330 / 610 / 940	11 / 21 / 31	200-620	56-15 3	4-13
Choc. Brownie Delight Concrete	Mini / Reg / Lrg	700 / 1040 / 1710	31 / 47 / 77	360-860	96-22 4	10-28
Choc. Brownie Delight Shake	Mini / Reg / Lrg	930 / 1280 / 1990	42 / 60 / 91	470-102 0	118-2 51	17-39
Choc. Brownie Delight Sundae	Mini / Reg / Lrg	700 / 1040 / 1710	31 / 47 / 77	360-860	96-22 4	10-28

Cold Brew Caramel Concrete	Mini / Reg / Lrg	790 / 1120 / 1720	36 / 53 / 79	420-920	95-20 6	13-29
Cold Brew Caramel Shake	Mini / Reg / Lrg	830 / 1180 / 1810	38 / 56 / 84	450-980	99-21 3	15-23
Cone - Chocolate	1 / 2 / 3 Scoop	360 / 690 / 1020	17 / 33 / 50	160-460	42-11 5	10-28
Cone - Vanilla	1 / 2 / 3 Scoop	360 / 690 / 1020	17 / 33 / 50	170-490	39-10 6	9-24
CYO Concrete (Choc/Van)	Mini / Reg / Lrg	500 / 830 / 1170	25 / 42 / 58	230-560	50-12 7	11-32

CYO Malt (Choc/Van)	Mini / Reg / Lrg	630 / 1020 / 1420	28 / 46 / 64	280–660	72–17 1	14–38
CYO Shake (Choc/Van)	Mini / Reg / Lrg	560 / 910 / 1280	28 / 46 / 64	270–640	54–13 6	14–38
CYO Sundae (Choc/Van)	Mini / Reg / Lrg	330 / 670 / 1000	17 / 33 / 50	150–480	33–10 9	8–27
Dirt n' Worms Concrete	Mini / Reg / Lrg	530 / 860 / 1360	21 / 37 / 57	250–670	69–16 8	9–26
Dirt n' Worms Sundae	Mini / Reg / Lrg	530 / 860 / 1360	21 / 37 / 57	250–670	69–16 8	9–26

Lemon Cream Frost	Mini / Reg / Lrg	450 / 810 / 1210	18 / 35 / 51	160–480	58–14 8	8–23
Orange Cream Frost	Mini / Reg / Lrg	540 / 1010 / 1500	18 / 35 / 51	160–480	83–22 2	8–23
OREO® Custard Cookie	Single	310	14	190–200	39–41	5–6
OREO® Double Trouble Concrete	Mini / Reg / Lrg	700 / 1040 / 1520	33 / 50 / 72	390–820	80–16 9	13–29
OREO® Double Trouble Shake	Mini / Reg / Lrg	760 / 1110 / 1630	36 / 54 / 78	430–900	84–17 8	16–35

OREO® Double Trouble Sundae	Mini / Reg / Lrg	540 / 870 / 1350	25 / 42 / 64	310-740	63-15 2	9-25
PB Bananza Concrete	Mini / Reg / Lrg	560 / 890 / 1420	27 / 43 / 69	260-690	65-16 0	12-31
PB Bananza Sundae	Mini / Reg / Lrg	530 / 860 / 1360	27 / 43 / 69	260-670	58-14 6	12-31
Pint (Choc/Van)	16 oz	1150	57	520-550	115-1 25	26-31
Quart (Choc/Van)	32 oz	2300	115	1040-11 00	230-2 50	52-63

Reese's Royale Concrete	Mini / Reg / Lrg	860 / 1200 / 1870	51 / 68 / 109	490-106 0	76-16 4	21-46
Reese's Royale Shake	Mini / Reg / Lrg	920 / 1270 / 1980	54 / 72 / 115	530-114 0	80-17 3	24-52
Reese's Royale Sundae	Mini / Reg / Lrg	700 / 1030 / 1700	43 / 59 / 101	410-980	59-14 8	18-43
Signature Turtle Concrete	Mini / Reg / Lrg	730 / 1070 / 1770	34 / 51 / 84	320-790	91-21 1	10-28
Signature Turtle Shake	Mini / Reg / Lrg	960 / 1310 / 2050	46 / 63 / 98	440-950	112-2 37	17-37

Signature Turtle Sundae	Mini / Reg / Lrg	750 / 1080 / 1800	36 / 53 / 87	320-790	91-21 2	10-28
Straw. Dreamcake Concrete	Mini / Reg / Lrg	860 / 1190 / 1850	40 / 57 / 87	430-930	102-2 18	14-32
Straw. Dreamcake Shake	Mini / Reg / Lrg	920 / 1270 / 1960	43 / 61 / 93	470-101 0	106-2 26	17-37
Straw. Dreamcake Sundae	Mini / Reg / Lrg	690 / 1030 / 1690	32 / 49 / 79	350-850	85-20 1	10-28