

Nutrition information is based on typical menu items. **We cannot guarantee any item to be allergen free. Allergy information is available upon request. Due to the potential of cross contact by being fried in the same oil, ALL fried items may contain EGG, FISH, MILK, PEANUT, SHELLFISH, SOY, TREE NUTS, AND WHEAT.**

We use Trans Fat Free fryer oil. Naturally occurring Trans Fats occur in some meat and dairy products, including beef and butterfat from dairy.

Disclaimer: The information provided by Runza® National regarding our food is as complete as reasonably possible at the time of publication. This list is based on information reported to us by our suppliers and Runza® National's standard product formulations. Variations may occur depending on the supplier, ingredient substitutions, recipe revisions, region, season, preparation technique, or product assembly at the restaurant-level. Product formulations are subject to change periodically. Runza® National, its franchises, and employees do not assume responsibility for a person's sensitivity or allergy to any food items provided in our restaurants. If you are not completely confident about a product ingredient, it is recommended to select something you are comfortable with or visit another dining venue. Please always consult your healthcare practitioner for questions regarding your diet.

POTENTIAL ALLERGENS DUE TO MANUFACTURER PRACTICES:

Cookie Dough Sundae - cookie dough may contain egg, peanuts and tree nuts.

Sweet Berry Chicken Salad - walnuts may contain peanuts, soy and other tree nuts.

Turtle Sundae - walnuts may contain peanuts, soy and other tree nuts.

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Updated 9/2018.

RUNZA® NUTRITION INFORMATION

Allergens

		Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
RUNZA® SANDWICHES												
Original Runza® Sandwich	Milk, Soy, Wheat	530	180	20	7	1	45	1370	67	4	10	20
Cheese Runza® Sandwich	Milk, Soy, Wheat	580	220	24	8	2.5	45	1670	69	4	10	23
Swiss Cheese Mushroom Runza® Sandwich	Milk, Soy, Wheat	620	250	28	11	1.5	65	1960	68	5	10	25
Mini Original Runza® Sandwich	Milk, Soy, Wheat	270	90	10	4	0	25	700	34	2	5	10
Mini Cheese Runza® Sandwich	Milk, Soy, Wheat	290	110	12	4.5	1	25	850	35	2	5	12
Mini Swiss Cheese Mushroom Runza® Sandwich	Milk, Soy, Wheat	320	130	14	6	1	35	1090	34	3	5	13
Spicy Jack Runza® Sandwich	Egg, Milk, Soy, Wheat	750	370	41	15	1	75	2370	69	4	11	28
BURGERS												
1/4 Lb. Hamburger	Soy, Wheat	350	160	18	6	1	65	340	21	1	3	24
1/2 Lb. Double Hamburger	Soy, Wheat	550	280	31	11	2	135	470	21	1	3	42
1/4 Lb. Cheeseburger	Milk, Soy, Wheat	400	200	22	7	2.5	65	640	23	1	3	27
1/2 Lb. Double Cheeseburger	Milk, Soy, Wheat	650	350	39	13	5	135	1070	25	1	3	48
1/4 Lb. Legend Supreme	Egg, Milk, Soy, Wheat	520	290	32	11	2.5	90	1200	26	1	4	32
1/4 Lb. Bacon Cheeseburger	Milk, Soy, Wheat	510	280	31	11	2.5	75	960	23	1	3	32
1/4 Lb. French Onion Burger	Milk, Soy, Wheat	490	260	29	11	2	95	1130	26	1	5	30
1/4 Lb. Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat	480	260	29	10	2	90	1040	24	2	4	29
1/4 Lb. BBQ Bacon Swiss Burger	Milk, Soy, Wheat	530	290	32	13	1	90	1090	26	1	7	33
1/4 Lb. Spicy Jack Burger	Egg, Milk, Soy, Wheat	570	340	38	13	1	95	1350	23	1	4	32
1/4 Lb. Jalapeno Burger	Egg, Milk, Soy, Wheat	530	310	35	10	1	95	1370	25	2	5	29

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CHICKEN SANDWICHES - CHICKEN WRAPS - CHICKEN STRIPS												
Smothered Grilled Chicken Sandwich	Milk, Soy, Wheat	430	150	17	4.5	1.5	70	1740	37	2	4	34
BBQ Grilled Chicken Sandwich	Milk, Soy, Wheat	400	100	11	3.5	0	70	1760	40	1	8	34
Buffalo Grilled Chicken Sandwich	Egg, Milk, Soy, Wheat	360	100	11	1	0	60	1920	37	2	4	30
Deluxe Grilled Chicken Sandwich	Egg, Soy, Wheat	360	110	12	1	0	75	1190	28	1	6	33
Spicy Jack Grilled Chicken Sandwich	Egg, Milk, Soy, Wheat	530	260	28	8	0	100	1980	26	1	4	41
Buffalo Junior Chicken Wrap	Egg, Milk, Soy, Wheat	320	140	16	4	0	25	1130	31	1	1	13
Ranch Junior Chicken Wrap	Egg, Milk, Soy, Wheat	310	140	16	4	0	25	750	31	1	1	13
2 Piece Chicken Strip	Milk, Soy, Wheat	220	110	12	2	0	30	600	14	0	0	16
4 Piece Chicken Strip	Milk, Soy, Wheat	440	220	24	4	0	60	1200	28	0	0	32
KIDS												
Junior Hamburger (Plain)	Soy, Wheat	200	80	9	2.5	0	35	230	16	1	2	12
Junior Cheeseburger (Plain)	Milk, Soy, Wheat	250	120	13	3.5	2	35	530	18	1	2	15
Junior Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat	300	150	17	6	1	50	730	17	1	2	17
Junior Hamburger (Plain) Kid's Meal (sm fry, no drink)	Soy, Wheat	410	170	18	4	0	35	330	44	4	2	16
Runza® Sandwich Kid's Meal (sm fry, no drink)	Milk, Soy, Wheat	470	170	19	4.5	1.5	20	780	62	5	5	14
Chicken Strip Kid's Meal (sm fry, no drink)	Milk, Soy, Wheat	430	190	21	3.5	0	30	700	42	3	0	20
Mini Corn Dog Kid's Meal (sm fry, no drink)	Egg, Milk, Soy, Wheat	520	270	30	8	0	30	850	49	4	5	13
SIDES												
Medium Frings™	Milk, Soy, Wheat	320	150	17	2.5	0	0	210	39	4	2	5
Large Frings™	Milk, Soy, Wheat	460	210	23	3.5	0	0	300	55	5	3	7
Medium Onion Ring	Milk, Soy, Wheat	320	170	19	3	0	0	260	35	3	4	5
Large Onion Ring	Milk, Soy, Wheat	550	280	31	5	0	0	440	58	4	7	8
Small French Fry	Soy	210	80	9	1.5	0	0	100	28	3	0	4
Medium French Fry	Soy	300	120	13	2	0	0	140	40	4	0	5
Large French Fry	Soy	440	170	19	3	0	0	210	59	6	0	8
French Onion Dip (Not available at all locations.)	Milk, Soy	70	50	5	3	0	20	430	3	0	2	3
CHILI & SOUP (Seasonal. Soup not available at all locations.)												
Homemade Chili		290	100	11	4	0.5	55	1300	26	7	6	22
Wisconsin Cheese Soup	Milk, Soy, Wheat	340	210	23	9	4.5	25	970	29	0	11	5
Broccoli Cheese Soup	Milk, Soy	240	140	16	6	4.5	20	1030	20	1	4	5
Chicken Tortilla Soup	Milk, Soy, Wheat	150	50	6	3	0	25	1440	16	1	4	8
Potato Bacon Soup	Milk, Soy, Wheat	260	130	14	4	4.5	10	1010	30	2	4	4
Boston Clam Chowder Soup	Fish, Milk, Soy, Wheat	280	140	15	4	4.5	20	970	29	1	2	7

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SALADS												
Side Salad (no dressing)		20	0	0	0	0	0	20	4	2	2	1
Southwest Chicken Salad with Salsa (no dressing)	Milk, Soy, Wheat	320	130	15	3.5	0	40	870	26	3	4	21
Sweet Berry Chicken Salad (no dressing)	Milk, Tree Nuts (Walnuts)	380	170	19	5	0	75	1300	21	4	14	31
DRESSINGS AND SAUCES												
Southwest Ranch	Egg, Milk	220	200	24	2	0	20	460	4	0	2	2
Ranch	Egg, Milk, Soy	180	170	18	3	0	15	360	3	0	2	1
Poppyseed	Egg, Soy	110	110	10	1.5	0	10	370	15	0	13	0
Italian Vinaigrette		80	80	9	1.5	0	0	370	0	0	0	0
Raspberry Vinaigrette		20	0	0	0	0	0	70	5	0	5	0
Buffalo	Soy	15	10	1	0	0	0	1290	3	1	1	0
BBQ		70	0	0	0	0	0	440	16	0	14	1
Honey Mustard	Egg, Soy	200	160	18	3	0	15	260	9	0	8	1
DESSERTS AND SHAKES (Sundaes not available at all locations.)												
Chocolate Sundae	Milk	300	70	7	4.5	0	25	115	51	1	41	6
Caramel Sundae	Milk	300	60	7	4.5	0	25	180	51	0	42	6
Turtle Sundae	Milk, Tree Nuts (Walnuts)	360	110	13	5	0	25	150	53	1	42	7
Cookie Dough Sundae	Milk, Wheat	440	120	14	7	0	25	210	70	1	51	7
Kid's Cone - Vanilla Ice Cream	Milk, Wheat	120	25	3	2	0	10	55	18	0	11	2
Vanilla Ice Cream Cone	Milk, Wheat	210	50	6	3.5	0	20	95	32	0	21	4
Chocolate Ice Cream Cone	Milk, Wheat	210	50	6	3.5	0	20	95	32	0	21	4
Twist Ice Cream Cone	Milk, Wheat	210	50	6	3.5	0	20	95	32	0	21	4
Vanilla Ice Cream Dish	Milk	230	60	7	4.5	0	25	110	34	0	27	5
Chocolate Ice Cream Dish	Milk	230	60	7	4.5	0	25	110	34	0	27	5
Twist Ice Cream Dish	Milk	230	60	7	4.5	0	25	110	34	0	27	5
Chocolate Chip Cookie	Egg, Milk, Soy, Wheat	370	160	18	8	0	30	510	53	2	32	4
Cinnamon Roll (seasonal)	Milk, Soy, Wheat	560		15	4	0	0	690	99	4	39	11
Regular Vanilla Shake	Milk	430	110	12	8	0	60	250	66	0	58	12
Regular Chocolate Shake	Milk, Soy	480	110	12	8	0	60	280	81	0	71	12
Regular Strawberry Shake	Milk	480	110	12	8	0	60	260	79	0	72	12
Regular Cappuccino Shake	Milk	490	110	12	8	0	60	260	82	0	73	12
Large Vanilla Shake	Milk	580	140	16	10	0	80	340	89	0	79	16
Large Chocolate Shake	Milk, Soy	640	140	16	10	0	80	380	106	1	94	16
Large Strawberry Shake	Milk	640	140	16	10	0	80	350	105	0	95	16
Large Cappuccino Shake	Milk	650	140	16	10	0	80	350	108	0	97	16
Mini Vanilla Shake	Milk	240	60	7	4	0	35	140	37	0	32	7
Mini Chocolate Shake	Milk, Soy	270	60	7	4	0	35	160	45	0	39	7
Mini Strawberry Shake	Milk	270	60	7	4	0	35	150	44	0	40	7
Mini Cappuccino Shake	Milk	270	60	7	4	0	35	150	46	0	41	7

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BEVERAGES												
Coffee		5	0	0	0	0	0	5	0	0	0	0
Medium Iced Tea		0	0	0	0	0	0	0	0	0	0	0
Skim Chocolate Milk	Milk	130	0	0	0	0	5	190	23	0	22	8
1% White Milk	Milk	100	25	2.5	1.5	0	15	120	11	0	11	8
Medium Pepsi		210	0	0	0	0	0	45	60	0	60	0
Medium Diet Pepsi		0	0	0	0	0	0	55	0	0	0	0
Medium Dr.Pepper		190	0	0	0	0	0	65	55	0	55	0
Medium Sierra Mist		210	0	0	0	0	0	45	57	0	57	0
Medium Mountain Dew		250	0	0	0	0	0	90	66	0	66	0
Medium Lemonade		210	0	0	0	0	0	220	57	0	57	0
Apple Juice		100	0	0	0	0	0	10	24	0	23	0
OTHER												
Fish Sandwich (seasonal)	Egg, Fish, Milk, Soy, Wheat	580	300	33	6	1.5	35	1480	50	3	6	21
5 Piece Mini Corn Dogs	Egg, Fish (Cod), Milk, Soy, Wheat	310	190	21	6	0	30	750	21	1	4	9
8 Piece Mini Corn Dogs	Egg, Fish (Cod), Milk, Soy, Wheat	490	300	34	10	0	45	1180	33	2	7	14
Swiss Cheese (1 slice)	Milk, Soy	70	50	5	3.5	0	15	300	0	0	0	4
American Cheese (1 slice)	Milk, Soy	50	35	4	1	1.5	0	300	2	0	0	3
Pepperjack Cheese (1 slice)	Milk, Soy	60	45	6	3	0	15	330	0	0	0	3
Shredded Cheddar (.125 cup)	Milk	55	40	4.5	2.5	0	15	90	0	0	0	4
Mushrooms (1.3 oz)	Milk, Soy	30	20	2.5	0	0.5	0	370	1	1	0	1
Bacon (1.5 slices)		110	80	9	4	0	10	320	0	0	0	5
Sliced Jalapenos (.125 cup)		0	0	0	0	0	0	340	< 1	0	0	0
Mandarin Oranges		45	0	0	0	0	0	5	10	1	7	1
The Runza® Way* (ketchup, mustard, onion, pickle, lettuce, tomato)		25	0	0	0	0	0	460	5	1	3	1
Applesauce		90	0	0	0	0	0	10	22	2	18	0
Mayo	Egg	100	100	11	2	0	10	65	1	0	0	0
Salad Dressing (.5 oz)	Egg	100	90	11	2	0	10	70	0	0	0	0
Southwest Ranch (.25 oz)	Egg, Milk	30	27	3	0	0	< 5	60	< 1	0	< 1	0
Ranch Dressing (.5 oz)	Egg, Milk, Soy	50	50	5	1	0	< 5	110	< 1	0	0	0
BBQ Sauce (.5 oz)		20	0	0	0	0	0	130	5	0	4	0
Salsa (1.7 oz)		10	0	0	0	0	0	120	2	1	2	1
Taco Seasoning (.5 tsp)	Milk	5	0	0	0	0	0	110	< 1	0	0	0
Tortilla Strips (.3 oz)		20	0	0	0	0	0	0	5	0	0	1
Chicken Breast		150	35	4	0	0	70	740	0	0	0	28