



NUTRITIONAL INFORMATION

At Frisch's, you will always find fresh, wholesome food, served by real, friendly people. Since 1946, that's what has set Frisch's Big Boy apart. What makes our food so delicious and different is that we make so much from scratch with carefully sourced ingredients.

It is our pleasure providing you with information on the selections we serve to help you achieve your dietary goals.

ITEM NAME	SERVING SIZE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	Milk, dairy	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soy
SANDWICHES																				
1/4 Pound Cheeseburger	1 Sandwich	770	420	46	14	1	120	1320	48	0	8	37	x						x	x
1/4 Pound Hamburger	1 Sandwich	680	360	39	10	1	100	920	46	0	6	33							x	x
Bacon Cheeseburger	1 Sandwich	890	510	57	18	1	150	1480	49	1	10	43	x						x	x
Bacon Western BBQ Primetime Burger	1 Sandwich	1050	540	60	22	0	170	1900	69	1	16	55	x						x	x
Big Boy Sandwich	1 Sandwich	680	390	44	12	1.5	110	940	32	2	4	34	x	x					x	x
Brawny Lad	1 Sandwich	450	200	22	8	1	95	410	28	2	4	31							x	x
Buddie Boy	1 Sandwich	550	290	32	8	0	70	1400	39	2	6	24	x						x	x
Cheese Steak Sandwich	1 Sandwich	610	170	19	12	0	90	3410	65	3	7	44	x						x	x
Club Melt	1 Sandwich	810	370	41	16	2.5	110	2370	65	3	13	50	x						x	x
Country Fried Steak Sandwich	1 Sandwich	850	460	52	11	0	75	1390	70	1	7	29	x	x					x	x
Crispy Chicken	1 Sandwich	690	390	43	7	2	110	530	36	2	3	36	x	x					x	x
Fish Sandwich	1 Sandwich	620	330	37	5	0	55	530	36	2	4	25	x	x	x				x	x
Grilled Cheese Large	1 Sandwich	500	180	20	9	1.5	40	1470	62	2	11	18	x						x	x
Grilled Cheese Small	1 Sandwich	340	150	17	9	0.5	40	1160	32	1	7	13	x						x	x
Grilled Chicken Breast Sandwich	1 Sandwich	640	370	41	8	1	135	540	32	1	5	34							x	x
Grilled Ham and Cheese Large	1 Sandwich	590	200	22	10	1.5	85	2190	60	2	11	32	x						x	x
Grilled Ham and Cheese Small	1 Sandwich	420	180	19	10	0.5	85	1880	33	1	7	27	x						x	x
Ham Melt Sandwich	1 Sandwich	400	180	20	8	1	70	1800	29	2	2	25	x						x	x
Ham Sandwich Hot or Cold on Wheat Bread	1 Sandwich	430	250	28	6	0.5	65	1080	29	3	4	19	x						x	x
Ham Sandwich Hot or Cold White Bread	1 Sandwich	440	250	27	6	0.5	65	1180	29	1	4	19	x						x	x
Hot Open Faced Roast Beef Sand with Pot & Gravy	1 Sandwich	720	230	25	9	1.5	75	3950	86	4	9	38							x	x
Hot Open Faced Turkey with Pot & Gravy	1 Sandwich	670	200	22	4.5	1.5	70	2420	83	4	9	35							x	x
Patty Melt Sandwich Large	1 Sandwich	880	430	48	20	3.5	140	1420	64	7	13	48	x						x	x
Patty Melt Sandwich Small	1 Sandwich	710	400	45	19	2.5	140	1220	34	4	9	43	x						x	x

Mountain Dew Diet	20	Fluid ounce	0	0	0	0	0	0	102	0	0	0	0								
Mountain Dew Diet	32	Fluid ounce	0	0	0	0	0	0	135	0	0	0	0								
Orange Juice	12	Fluid ounce	180	0	0	0	0	0	45	40	13	33	3								
Orange Juice	16	Fluid ounce	240	0	0	0	0	0	60	54	18	44	4								
Pepsi	12	Fluid ounce	140	0	0	0	0	0	35	38	0	38	0								
Pepsi	16	Fluid ounce	200	0	0	0	0	0	50	55	0	55	0								
Pepsi	20	Fluid ounce	230	0	0	0	0	0	55	63	0	63	0								
Pepsi	32	Fluid ounce	370	0	0	0	0	0	90	101	0	101	0								
Pepsi Diet	12	Fluid ounce	0	0	0	0	0	0	25	0	0	0	0								
Pepsi Diet	16	Fluid ounce	0	0	0	0	0	0	37	0	0	0	0								
Pepsi Diet	20	Fluid ounce	0	0	0	0	0	0	62	0	0	0	0								
Pepsi Diet	32	Fluid ounce	0	0	0	0	0	0	100	0	0	0	0								
Sierra Mist	12	Fluid ounce	140	0	0	0	0	0	35	37	0	370	0								
Sierra Mist	16	Fluid ounce	190	0	0	0	0	0	45	49	0	49	0								
Sierra Mist	20	Fluid ounce	240	0	0	0	0	0	60	61	0	61	0								
Sierra Mist	32	Fluid ounce	380	0	0	0	0	0	95	98	0	98	0								
Smoothie - Banana	12	Fluid ounce	320	20	2	1	0	10	75	74	6	46	7	x							
Smoothie - Banana	16	Fluid ounce	480	25	3	1.5	0	10	110	111	9	69	11	x							
Smoothie - Banana	20	Fluid ounce	730	35	4	2.5	0	15	150	171	14	104	15	x							
Smoothie - Banana/Strawberry	12	Fluid ounce	240	15	2	1	0	10	75	53	4	35	6	x							
Smoothie - Banana/Strawberry	16	Fluid ounce	400	25	2.5	1.5	0	10	110	90	7	58	10	x							
Smoothie - Banana/Strawberry	20	Fluid ounce	460	30	3	2	0	15	150	102	7	68	12	x							
Smoothie - Strawberry	12	Fluid ounce	140	15	1.5	1	0	10	75	27	1	21	5	x							
Smoothie - Strawberry	16	Fluid ounce	200	20	2	1.5	0	10	110	40	1	31	7	x							
Smoothie - Strawberry	20	Fluid ounce	270	25	2.5	1.5	0	15	140	54	2	42	10	x							
Tomato Juice	12	Fluid ounce	67	0	0	0	0	0	960	14	3	10	2								
Tomato Juice	16	Fluid ounce	90	0	0	0	0	0	1280	18	4	14	2								
Tropicana Fruit Punch	12	Fluid ounce	165	0	0	0	0	0	37	45	0	45	0								
Tropicana Fruit Punch	16	Fluid ounce	220	0	0	0	0	0	50	54	0	60	0								
Tropicana Fruit Punch	20	Fluid ounce	275	0	0	0	0	0	75	81	0	90	0								
Tropicana Fruit Punch	32	Fluid ounce	440	0	0	0	0	0	100	108	0	120	0								
Vanilla Flavoring	1	Fluid ounce	40	0	0	0	0	0	0	10	0	10	0								

Spicy Chicken Tortilla Soup - Bowl	12	Ounce-weight	240	110	13	5	0.5	45	2210	14	2	8	17	x						x	x
Split Pea Soup - Cup - Carryout	8	Ounce-weight	170	10	1	0	0	5	650	29	11	4	12	x							x
Split Pea Soup - Cup - Dining Room	6	Ounce-weight	120	10	1	0	0	5	490	21	8	3	9	x							x
Split Pea Soup - Bowl	12	Ounce-weight	250	15	1.5	0	0	5	970	43	17	6	18	x							x
Sweet Potato Fries	3	Ounce-weight	170	10	10	2	0	0	190	22	0	7	1								x
Tossed Salad Side	1	Side Salad	30	5	0	0	0	0	25	7	2	4	2								
Vegetable Soup - Cup - Carryout	8	Ounce-weight	80	5	0.5	0	0	0	650	16	2	4	3								
Vegetable Soup - Cup - Dining Room	6	Ounce-weight	60	5	0.5	0	0	0	490	12	2	3	2								
Vegetable Soup - Bowl	12	Ounce-weight	120	10	1	0	0	0	970	23	4	6	5								

Heinz Mustard, yellow, classic Packets	6	Gram	5	0	0	0	0	0	85	0	0	0	0							
Honey	100	Gram	300	0	0	0	0	0	0	82	0	76	0							
Pancake Syrup	56	Gram	190	0	0	0	0	0	65	49	0	17	0							
Parmesan Cheese	0.5	Ounce-weight	20	8	2	1	0	5	70	0	0	0	2	x						
Powdered Sugar	0.5	Ounce-weight	60	0	0	0	0	0	0	14	0	14	0							
Remoulade Sauce	17	Gram	80	70	8	1.5	0	5	95	2	0	1	0	x						x
Smuckers Apple Butter Packets	0.5	Ounce-weight	30	10	0	0	0	0	0	8	0	7	0							
Smuckers Grape Jelly Packets	0.5	Ounce-weight	35	0	0	0	0	0	0	9	0	8	0							
Smuckers Grape Jelly Packets - Sugar Free	0.5	Ounce-weight	10	0	0	0	0	0	0	3	0	0	0							
Smuckers Strawberry Jelly Packets	0.5	Ounce-weight	35	0	0	0	0	0	0	9	0	8	0							
Smuckers Strawberry Jelly Packets - Sugar Free	0.5	Ounce-weight	10	0	0	0	0	0	0	3	0	0	0							
Sour Cream	1.0	Ounce-weight	60	50	5	3.5	0	20	50	2	0	0	1	x						

CHILDREN'S MEALS ENTRÉE ONLY

Bacon	1	Piece	80	60	7	2.5	0	15	320	0	0	0	5								
Mini Cheeseburger Sandwich	1	Sandwich	530	310	35	8	0.5	65	880	31	2	4	21	x						x	x
Mini Hand Breaded Chicken Strips	2	Fillets	330	140	15	2.5	2	55	1760	18	1	0	25	x	x					x	x
Mini Chili Spaghetti (child menu)	1	Serving	390	2.5	0.5	0	0	20	160	0	0	0	8.5	x	x					x	x
Mini Fish	1	Piece	140	70	1	0	0	25	340	3	0	0	10	x	x	x				x	x
Mini Grilled Cheese Sandwich	1	Sandwich	350	180	20	8	1.5	30	1020	30	1	6	11	x						x	x
Mini Hamburger Sandwich	1	Sandwich	480	280	31	6	0.5	55	680	30	2	3	19							x	x
Mini Macaroni and Cheese	8	Ounce-weight	350	140	15	9	0	40	1070	37	1	4	15	x	x					x	x
Mini Menu French Fries	2	Ounce-weight	80	30	3.5	0.5	0	0	25	11	1	0	1								x
Mini Menu Onion Rings	2.5	Ounce-weight	130	50	6	1	0	0	55	18	2	4	2	x	x					x	x
Mini Egg Breakfast - see breakfast section options	138	Gram	510	340	40	15	2.5	185	750	28	1	4	15	x	x						
Mini Pancakes	4	Each	560	190	22	10	0	95	1490	76	5	18	19	x	x					x	x
Sausage Link	1	Link	90	70	8	3	0	20	170	0	0	0	3								
Sausage Pattie - Large	1	Pattie	250	210	23	8	0	55	480	0	0	0	10								

