

WHATABURGER. LOW CALORIE OPTIONS

Breakfast

UNDER 300 CALORIES

	CAL.	FAT GRS.
Hot Apple Pie & any size Diet Drink or Unsweetened Iced Tea	240	12
Scrambled Eggs, two Bacon Strips, one packet Picante & any size Diet Drink or Unsweetened Iced Tea	245	17
One Pancake (with one packet Margarine & one packet Honey) & any size Diet Drink or Unsweetened Iced Tea	280	5
One Egg Sandwich with no bun oil, one packet Picante & any size Diet Drink or Unsweetened Iced Tea	290	14

UNDER 400 CALORIES

One Pancake (with one packet Margarine & one packet Syrup) & any size Diet Drink or Unsweetened Iced Tea	325	5
One Egg Taquito with one packet Picante & any size Diet Drink or Unsweetened Iced Tea	330	17
One Plain Biscuit with one packet Grape Jelly or Strawberry Jam & any size Diet Drink or Unsweetened Iced Tea	340	17
One Breakfast on a Bun with Bacon Ranchero (with no Bun Oil) & any size Diet Drink or Unsweetened Iced Tea	340	18
One Egg Taquito w/Small Cheese, one packet Picante & any size Diet Drink or Unsweetened Iced Tea	370	21
One Bacon & Egg Taquito, one packet Picante & any size Diet Drink or Unsweetened Iced Tea	380	21
Cinnamon Roll (without Margarine) & any size Diet Drink or Unsweetened Iced Tea	390	9
One Pancake (with one packet Honey), Scrambled Eggs & any size Diet Drink or Unsweetened Iced Tea	395	15

* Choose Small or Medium Coffee (black with artificial sweetener optional) and add 10 calories (Large Coffee adds 15)

** Add Jalapeños to any item for no additional calories or fat grams

Lunch & Dinner

UNDER 200 CALORIES

A Side Salad, add 2 strips Bacon, Fat Free Ranch Dressing, Croutons & any size Diet Drink or Unsweetened Iced Tea	175	7
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UNDER 300 CALORIES

A Grilled Chicken Salad, Low Fat Vinaigrette (no Croutons) & any size Diet Drink or Unsweetened Iced Tea	260	8
A Grilled Chicken Salad, Fat Free Ranch Dressing (no Croutons) & any size Diet Drink or Unsweetened Iced Tea	260	7
A Side Salad, add Grilled Chicken Breast, Fat Free Ranch Dressing, Croutons & any size Diet Drink or Unsweetened Iced Tea	290	8

UNDER 400 CALORIES

#7 Whataburger Jr (with no Bun Oil), substitute a Side Salad for Fries, Low Fat Vinaigrette (no Croutons) & any size Diet Drink or Unsweetened Iced Tea	370	16
A Grilled Chicken Salad w/Bacon (2 slices), Croutons, Fat Free Ranch Dressing & any size Diet Drink or Unsweetened Iced Tea	370	13
A Grilled Chicken Salad w/Bacon (2 slices), Croutons, Low Fat Vinaigrette & any size Diet Drink or Unsweetened Iced Tea	370	14
A Garden Salad w/Small beef patty, add Shredded Cheddar Cheese & Grilled Jalapeños, Fat Free Ranch Dressing (no Croutons) & any size Diet Drink or Unsweetened Iced Tea	380	23
#3 Grilled Chicken Sandwich, substitute a Small Bun with no Bun Oil, Mustard instead of Mayo, substitute a Side Salad for Fries, Low Fat Vinaigrette (no Croutons) & any size Diet Drink or Unsweetened Iced Tea	390	11
Kid's Meal Justaburger (with no Bun Oil), substitute a Side Salad for Fries, Low Fat Vinaigrette, Croutons & any size Diet Drink or Unsweetened Iced Tea	390	16
A Chicken Strip Salad with Fat Free Ranch Dressing (no Croutons), & any size Diet Drink or Unsweetened Iced Tea	390	16

UNDER 600 CALORIES

Whatacatch Dinner (no Tartar Sauce), substitute a Side Salad for Fries, Croutons, Fat Free Ranch Dressing & any size Diet Drink or Unsweetened Iced Tea	490	15
#8 Chicken Strips Whatameal with Gravy, substitute a Side Salad for Fries, Low Fat Vinaigrette, Croutons, no Texas Toast, & any size Diet Drink or Unsweetened Iced Tea	510	23
#4 Whatachick'n Sandwich, substitute a Small Bun (with no Bun Oil) & mustard instead of mayo, substitute a Side Salad for Fries, Fat Free Ranch Dressing, Croutons and any size Diet Drink or Unsweetened Iced Tea	530	21
A Grilled Chicken Salad w/Bacon, Shredded Cheddar Cheese, Fat Free Ranch Dressing & any size Diet Drink or Unsweetened Iced Tea	540	26
#1 Whataburger with Cheese, substitute a Small Bun with no Bun Oil, substitute a Side Salad for Fries, Fat Free Ranch Dressing (no Croutons) & any size Diet Drink or Unsweetened Iced Tea	580	29
#7 Whatameal (with no Bun Oil) with Diet Drink or Unsweetened Iced Tea	590	30

* Add Jalapeños to any item for no additional calories or fat grams

Snack

UNDER 250 CALORIES

Sugar Cookie and any size Diet Drink or Unsweetened Iced Tea	210	9
Chocolate Chunk Cookie and any size Diet Drink or Unsweetened Iced Tea	230	11
Hot Apple Pie and any size Diet Drink or Unsweetened Iced Tea	240	12

* Choose Small or Medium Coffee (black with artificial sweetener optional) and add 10 calories (Large Coffee adds 15)