

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.

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

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

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Update 11/2025

RUNZA® NUTRITION INFORMATION

Allergens

		Calories (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, Gluten	490	16	7	0.5	35	1280	64	5	8	19
Cheese Runza® Sandwich	Milk, Soy, Wheat, Gluten	550	21	9	0.5	35	1550	67	5	9	21
Swiss Cheese Mushroom Runza® Sandwich	Milk, Soy, Wheat, Gluten	570	22	10	1	45	1840	66	6	9	22
Spicy Jack Runza® Sandwich	Egg, Milk, Soy, Wheat, Gluten	660	31	13	0.5	65	2090	66	5	10	25
Cheeseburger Runza® Sandwich	Milk, Soy, Wheat, Gluten	505	16	7	0.5	35	1590	67	5	10	19
BBQ Bacon Runza® Sandwich	Milk, Soy, Wheat, Gluten	695	23	11	0.5	55	2130	95	5	33	24
Mini Original Runza® Sandwich	Milk, Soy, Wheat, Gluten	260	9	4	0	20	690	34	3	4	10
Mini Cheese Runza® Sandwich	Milk, Soy, Wheat, Gluten	290	11	5	0	20	820	36	3	5	11
Mini Swiss Cheese Mushroom Runza® Sandwich	Milk, Soy, Wheat, Gluten	300	12	5	0.5	25	1030	35	3	5	12
BURGERS											
1/4 Lb. Hamburger	Wheat, Gluten	340	17	6	1	65	350	22	1	1	24
1/2 Lb. Double Hamburger	Wheat, Gluten	550	31	11	2	135	470	22	1	1	43
1/4 Lb. Cheeseburger	Milk, Soy, Wheat, Gluten	400	21	8	1	70	610	25	1	2	26
1/2 Lb. Double Cheeseburger	Milk, Soy, Wheat, Gluten	670	40	15	2	135	1030	25	1	3	46
1/4 Lb. Bacon Cheeseburger	Milk, Soy, Wheat, Gluten	440	25	9	1	80	780	25	1	2	28
1/4 Lb. Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat, Gluten	450	27	9	1.5	85	920	25	1	2	27
1/4 Lb. Spicy Jack Burger	Egg, Milk, Soy, Wheat, Gluten	510	32	11	1	100	1150	25	1	2	30
Hamburger Patty		200	14	5	1	65	55	0	0	0	19
Bun	Wheat, Gluten	140	3.5	0.5	0	0	220	22	1	1	5

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CHICKEN SANDWICHES - CHICKEN WRAPS - CHICKEN STRIPS											
Classic Grilled Chicken Sandwich	Egg, Wheat, Gluten	330	11	2	0	75	760	25	1	3	32
Deluxe Grilled Chicken Sandwich	Egg, Soy, Wheat, Gluten	330	11	2	0	75	730	25	1	3	32
Smothered Grilled Chicken Sandwich	Milk, Soy, Wheat, Gluten	390	16	5	1.5	80	840	25	2	2	34
BBQ Grilled Chicken Sandwich	Milk, Soy, Wheat, Gluten	360	11	4	0	80	830	30	1	7	33
Buffalo Grilled Chicken Sandwich	Egg, Milk, Soy, Wheat, Gluten	340	11	2	0	75	1540	25	1	2	32
Spicy Jack Grilled Chicken Sandwich	Egg, Milk, Wheat, Gluten	450	22	7	0	100	1330	25	1	2	37
Buffalo Jr Chicken Wrap	Egg, Milk, Soy, Wheat, Gluten	330	15	4.5	0	35	1310	31	1	1	14
Ranch Jr Chicken Wrap	Egg, Milk, Soy, Wheat, Gluten	320	15	4.5	0	35	870	31	1	1	14
2 Piece Chicken Strip	Milk, Wheat, Gluten	250	10	2	0	50	940	21	1	0	18
4 Piece Chicken Strip	Milk, Wheat, Gluten	500	20	4	0	100	1880	42	2	0	36
Jr. Popcorn Chicken	Wheat, Gluten	300	18	4	0	30	520	19	1	0	16
Regular Popcorn Chicken	Wheat, Gluten	600	36	8	0	60	1040	38	2	0	32
KIDS MEALS											
Junior Hamburger (Plain)	Wheat, Gluten	240	11	3	0.5	40	250	17	1	1	16
Junior Cheeseburger (Plain)	Milk, Soy, Wheat, Gluten	300	16	5	0.5	40	520	20	1	2	18
Junior Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat, Gluten	310	18	6	1	55	630	19	1	2	18
Junior Hamburger (Plain) Kid's Meal (sm fry, milk)	Milk, Wheat, Gluten	605	26	6.5	0.5	55	730	64	4	12	27
Runza® Sandwich Kid's Meal (sm fry, milk)	Milk, Soy, Wheat, Gluten	625	24	7.5	0	35	1170	81	6	15	21
Chicken Strip Kid's Meal (sm fry, milk)	Milk, Wheat, Gluten	615	24	5.5	0	65	1420	68	4	11	29
Jr. Popcorn Chicken Kid's Meal (sm fry, milk)	Milk, Wheat, Gluten	665	33	7.5	0	45	1000	66	4	11	27
SIDES											
Small French Fry		265	12	2	0	0	360	36	3	0	3
French Fry		475	22	4	0	0	640	64	5	0.5	5.5
Frings™	Milk, Wheat, Gluten	670	32	5.5	0	0	630	85	6	6	9.5
Onion Ring	Milk, Wheat, Gluten	610	31	5	0	0	380	72	4	9	10
French Onion Dip	Milk	100	7	5	0	20	420	6	0	4	2
CHILI & SOUP (Seasonal. Soup not available at all locations.)											
Homemade Chili		280	12	4	0.5	40	1320	25	7	4	18
Wisconsin Cheese Soup	Milk, Soy, Wheat, Gluten	340	23	9	4.5	25	970	29	0	11	5
Broccoli Cheese Soup	Milk, Soy	240	16	6	4.5	20	1030	20	1	4	5
Chicken Tortilla Soup	Milk, Soy, Wheat, Gluten	150	6	3	0	25	1440	16	1	4	8
Potato Bacon Soup	Milk, Soy, Wheat, Gluten	260	14	4	4.5	10	1010	30	2	4	4
Boston Clam Chowder Soup	Fish, Milk, Soy, Wheat, Gluten	280	15	4	4.5	20	970	29	1	2	7
SALADS											
Southwest Chicken Salad with Salsa (no dressing)	Milk, Wheat, Gluten	400	18	4.5	0	65	1470	36	3	5	24
Sweet Berry Chicken Salad (no dressing)	Milk, Tree Nuts (Walnuts)	380	19	6	0	95	650	21	3	15	35
Side Salad (no dressing)		20	0	0	0	0	20	4	2	2	1

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DRESSINGS AND SAUCES											
Southwest Ranch	Egg, Milk	220	24	2	0	20	460	4	0	2	2
Ranch	Egg, Milk, Soy, Wheat, Gluten	250	26	4	0	15	550	3	0	2	2
Poppyseed	Egg, Soy	110	10	1.5	0	10	370	15	0	13	0
Salsa	Wheat, Gluten	10	0	0	0	0	230	2	0	1	0
Buffalo	Soy	15	1	0	0	0	1290	3	1	1	0
BBQ		120	0	0	0	0	490	30	0	24	0
Honey Mustard	Egg, Soy	290	27	4	0	20	380	13	0	12	1
DESSERTS AND SHAKES (Sundaes not available at all locations.)											
Chocolate Sundae	Milk	270	8	6	0	25	95	43	1	36	5
Caramel Sundae	Milk	270	8	5	0	25	160	43	0	37	5
Turtle Sundae	Milk, Tree Nuts (Walnuts)	330	14	6	0	25	125	44	1	37	6
Cookie Dough Sundae	Egg, Milk, Nuts, Soy, Wheat, Gluten	410	15	9	0	25	200	62	1	46	6
Kid's Cone - Vanilla	Milk, Wheat, Gluten	120	4	2.5	0	10	55	18	0	11	2
Vanilla Cone	Milk, Wheat, Gluten	220	8	5	0	25	95	30	0	22	5
Vanilla Dish	Milk	200	8	5	0	25	85	25	0	22	5
Chocolate Cone	Milk, Wheat, Gluten	210	7	4.5	0	20	85	33	1	23	5
Chocolate Dish	Milk	180	7	4.5	0	20	75	28	1	23	5
Twist Cone	Milk, Wheat, Gluten	210	6	3.5	0	20	95	32	0	21	4
Twist Dish	Milk	180	6	3.5	0	20	85	27	0	21	4
Chocolate Chip Cookie	Egg, Milk, Soy, Wheat, Gluten	370	18	9	0	30	210	52	2	31	4
Cinnamon Roll (seasonal)	Milk, Soy, Wheat, Gluten	480	24	8	0	0	540	63	2	26	6
Small Vanilla Shake	Milk	580	25	16	0	70	230	71	0	61	12
Medium Vanilla Shake	Milk	700	30	19	0	80	290	87	0	75	15
Large Vanilla Shake	Milk	790	33	22	0	90	320	98	0	84	17
Small Chocolate Shake	Milk, Soy	610	25	16	0	70	250	79	0	69	12
Medium Chocolate Shake	Milk, Soy	750	30	19	0	80	320	99	0	87	15
Large Chocolate Shake	Milk, Soy	860	33	22	0	90	370	115	0	100	17
Small Strawberry Shake	Milk	610	25	16	0	70	230	79	0	61	12
Medium Strawberry Shake	Milk	750	30	19	0	80	290	99	0	75	15
Large Strawberry Shake	Milk	850	33	22	0	90	330	114	0	84	17
BEVERAGES											
Medium Pepsi		210	0	0	0	0	45	60	0	60	0
Medium Diet Pepsi		0	0	0	0	0	55	0	0	0	0
Medium Dr.Pepper		190	0	0	0	0	65	55	0	55	0

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BEVERAGES											
Medium Sierra Mist		210	0	0	0	0	45	57	0	57	0
Medium Mountain Dew		250	0	0	0	0	90	66	0	66	0
Medium Lemonade		210	0	0	0	0	220	57	0	57	0
Medium Iced Tea		0	0	0	0	0	0	0	0	0	0
Coffee		5	0	0	0	0	5	0	0	0	0
1% Chocolate Milk	Milk	130	2.5	1.5	0	10	130	19	0	18	8
1% White Milk	Milk	100	2.5	1.5	0	15	120	11	0	11	8
Apple Juice		100	0	0	0	0	15	24	0	24	0
Iced Coffee (not available at all locations)	Milk	230	4	2	0	16	260	41	0	36	6
Desert Pear Lemonade Refresher		330	0	0	0	0	310	86	0	83	0
Watermelon Lemonade Refresher		320	0	0	0	0	310	84	0	82	0
Pomegranate Lemonade Refresher		320	0	0	0	0	310	83	0	80	0
Mango Lemonade Refresher		330	0	0	0	0	310	86	0	83	0
OTHER											
BLT Jr Wrap	Egg, Wheat, Gluten	260	15	4	0	25	690	23	1	3	9
The Runza® Way (Ketchup, Mustard, Onion, Pickle)		15	0	0	0	0	310	3	0	2	0
American Cheese (1 slice)	Milk, Soy	60	4.5	2	0	0	270	3	0	1	2
Pepper Jack Cheese (1 slice)	Milk, Soy	70	6	3.5	0	15	280	1	0	1	3
Swiss Cheese (1 slice)	Milk, Soy	45	3.5	2.5	0	10	190	1	0	1	2
Shredded Cheddar (.125 cup)	Milk	55	4.5	2.5	0	15	90	0	0	0	4
Mushrooms (1.3 oz)	Milk, Soy	30	2.5	0	0.5	0	370	1	1	0	1
Mayo	Egg	100	11	1.5	0	5	80	0	0	0	0
Bacon (1 slice)		40	3.5	1.5	0	10	170	0	0	0	3
Sliced Jalapenos (.125 cup)		0	0	0	0	0	340	<1	0	0	0
Mandarin Oranges		70	0	0	0	0	0	16	1	14	1
Applesauce		90	0	0	0	0	10	22	2	18	0
Salad Dressing (.5 oz)	Egg	100	11	2	0	10	70	0	0	0	0
Taco Seasoning (.5 tsp)	Milk	5	0	0	0	0	110	<1	0	0	0
Tortilla Strips		45	2.5	0	0	0	20	5	0	0	0
Chicken Breast		140	3.5	1	0	70	230	0	0	0	26