

# Raising Cane's Nutrition Facts

Nutritional & Allergen Information - July 2025 | Serving sizes and values are formatted from the provided nutrition and allergen information.

## Individual Items

Item	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen
Chicken Finger	1.9 oz (55 g)	130	7	1	0	40	200	5	< 1	0	13	EMW
Crinkle-Cut Fries	5.1 oz (144 g)	400	20	2	0	0	310	50	6	0	5	EMW*
Texas Toast	1.7 oz (48 g)	150	4.5	2	0	< 5	300	23	1	4	4	MSW SS
Coleslaw	3.1 oz (87 g)	100	6	1	0	< 5	350	10	2	8	1	E
Cane's Sauce	1.5 oz (43 g)	190	18	3	0	10	590	6	< 1	5	0	ESF
Chicken Sandwich	10.4 oz (296 g)	830	41	6	0	135	1500	69	5	14	47	EFMSWSS

## Combination Meals

Item	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen
3 Finger Combo	1 Combo	1050	59	9	0	135	1730	83	9	9	48	EFMSWSS
Box Combo	1 Combo	1290	72	11	0	185	2280	98	12	17	62	EFMSWSS
Caniac Combo	1 Combo	1840	108	16	0	275	3340	125	16	22	90	EFMSWSS
Sandwich Combo	1 Combo	1140	56	8	0	135	1740	108	10	14	51	EFMSWSS
Box Combo - The Posty Way	1 Combo	1740	89	15	0	190	3080	173	13	71	66	EFMSWSS
Kid's Combo	1 Combo	650	41	6	0	95	1140	39	5	5	29	ESFMW
Kid's Combo (Louisville, KY)	1 Combo	610	35	6	0	105	1130	39	3	25	34	ESFMW
Kid's Combo (Maryland)	1 Combo	420	16	3.5	0	95	540	33	3	20	34	EMW

## Drinks [excluding ice]

Item	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen
Sweet Tea - Kid's	12 fl oz	130	0	0	0	0	15	33	0	33	0	-
Sweet Tea - Regular	22 fl oz	230	0	0	0	0	25	60	0	60	0	-
Sweet Tea - Large	32 fl oz	340	0	0	0	0	35	88	0	88	0	-
Sweet Tea - Jug	1 gallon	1360	0	0	0	0	140	352	0	351	0	-
Unsweet Tea - Kid's	12 fl oz	0	0	0	0	0	15	0	0	0	0	-
Unsweet Tea - Regular	22 fl oz	0	0	0	0	0	25	0	0	0	0	-
Unsweet Tea - Large	32 fl oz	0	0	0	0	0	35	0	0	0	0	-
Unsweet Tea - Jug	1 gallon	0	0	0	0	0	140	0	0	0	0	-
Lemonade - Kid's	12 fl oz	160	0	0	0	0	10	41	0	40	0	-
Lemonade - Regular	22 fl oz	290	0	0	0	0	20	76	0	73	0	-
Lemonade - Large	32 fl oz	420	0	0	0	0	35	111	0	107	0	-
Lemonade - Jug	1 gallon	1700	1	0	0	0	130	442	< 1	427	1	-
Half Sweet/Half Lemonade - Kid's	12 fl oz	140	0	0	0	0	15	37	0	37	0	-
Half Sweet/Half Lemonade - Regular	22 fl oz	260	0	0	0	0	25	68	0	67	0	-
Half Sweet/Half Lemonade - Large	32 fl oz	380	0	0	0	0	35	99	0	97	0	-
Half Unsweet/Half Lemonade - Kid's	12 fl oz	80	0	0	0	0	15	20	0	20	0	-
Half Unsweet/Half Lemonade - Regular	22 fl oz	150	0	0	0	0	25	38	0	37	0	-
Half Unsweet/Half Lemonade - Large	32 fl oz	210	0	0	0	0	35	55	0	53	0	-

Item	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen
Half Sweet/Half Unsweet - Kid's	12 fl oz	60	0	0	0	0	15	16	0	16	0	-
Half Sweet/Half Unsweet - Regular	22 fl oz	120	0	0	0	0	25	30	0	30	0	-
Half Sweet/Half Unsweet - Large	32 fl oz	170	0	0	0	0	35	44	0	44	0	-
Barq's Root Beer - Kid's	12 fl oz	150	0	0	0	0	70	42	0	42	0	-
Barq's Root Beer - Regular	22 fl oz	280	0	0	0	0	130	77	0	77	0	-
Barq's Root Beer - Large	32 fl oz	410	0	0	0	0	190	112	0	112	0	-
Coca-Cola Cherry - Kid's	12 fl oz	160	0	0	0	0	45	44	0	44	0	-
Coca-Cola Cherry - Regular	22 fl oz	290	0	0	0	0	80	80	0	80	0	-
Coca-Cola Cherry - Large	32 fl oz	430	0	0	0	0	115	116	0	116	0	-
Coca-Cola - Kid's	12 fl oz	150	0	0	0	0	40	42	0	42	0	-
Coca-Cola - Regular	22 fl oz	280	0	0	0	0	75	77	0	77	0	-
Coca-Cola - Large	32 fl oz	410	0	0	0	0	105	111	0	111	0	-
Coca-Cola Zero - Kid's	12 fl oz	0	0	0	0	0	40	0	0	0	0	-
Coca-Cola Zero - Regular	22 fl oz	0	0	0	0	0	75	0	0	0	0	-
Coca-Cola Zero - Large	32 fl oz	0	0	0	0	0	110	0	0	0	0	-
Diet Coke - Kid's	12 fl oz	0	0	0	0	0	50	0	0	0	0	-
Diet Coke - Regular	22 fl oz	0	0	0	0	0	90	0	0	0	0	-
Diet Coke - Large	32 fl oz	0	0	0	0	0	135	0	0	0	0	-
Diet Mountain Dew - Kid's	12 fl oz	0	0	0	0	0	55	< 1	0	0	0	-
Diet Mountain Dew - Regular	22 fl oz	10	0	0	0	0	100	< 1	0	< 1	0	-
Diet Mountain Dew - Large	32 fl oz	10	0	0	0	0	150	1	0	< 1	0	-
Diet Pepsi - Kid's	12 fl oz	0	0	0	0	0	55	0	0	0	0	-
Diet Pepsi - Regular	22 fl oz	0	0	0	0	0	105	0	0	0	0	-
Diet Pepsi - Large	32 fl oz	0	0	0	0	0	150	0	0	0	0	-
Dr Pepper - Kid's	12 fl oz	140	0	0	0	0	45	39	0	38	0	-
Dr Pepper - Regular	22 fl oz	260	0	0	0	0	80	72	0	70	0	-
Dr Pepper - Large	32 fl oz	380	0	0	0	0	115	104	0	102	0	-
Fanta Fruit Punch - Kid's	12 fl oz	230	0	0	0	0	65	63	0	63	0	-
Fanta Fruit Punch - Regular	22 fl oz	430	0	0	0	0	115	116	0	116	0	-
Fanta Fruit Punch - Large	32 fl oz	630	0	0	0	0	170	168	0	168	0	-
Fanta Orange - Kid's	12 fl oz	150	0	0	0	0	40	41	0	41	0	-
Fanta Orange - Regular	22 fl oz	280	0	0	0	0	70	76	0	76	0	-
Fanta Orange - Large	32 fl oz	410	0	0	0	0	105	111	0	110	0	-
Gatorade Fruit Punch - Kid's	12 fl oz	80	0	0	0	0	170	22	0	21	0	-
Gatorade Fruit Punch - Regular	22 fl oz	150	0	0	0	0	310	40	0	38	0	-
Gatorade Fruit Punch - Large	32 fl oz	220	0	0	0	0	440	58	0	55	0	-
Hi-C Flashin Fruit Punch - Kid's	12 fl oz	160	0	0	0	0	75	44	0	43	0	-
Hi-C Flashin Fruit Punch - Regular	22 fl oz	300	0	0	0	0	140	81	0	79	0	-
Hi-C Flashin Fruit Punch - Large	32 fl oz	430	0	0	0	0	200	118	0	115	0	-
Mello Yello - Kid's	12 fl oz	160	0	0	0	0	55	45	0	45	0	-
Mello Yello - Regular	22 fl oz	300	0	0	0	0	95	83	0	83	0	-
Mello Yello - Large	32 fl oz	440	0	0	0	0	140	121	0	121	0	-
Mountain Dew - Kid's	12 fl oz	170	0	0	0	0	50	44	0	44	0	-
Mountain Dew - Regular	22 fl oz	310	0	0	0	0	95	81	0	80	0	-
Mountain Dew - Large	32 fl oz	450	0	0	0	0	140	117	0	117	0	-
Mug Root Beer - Kid's	12 fl oz	140	0	0	0	0	55	38	0	38	0	-
Mug Root Beer - Regular	22 fl oz	260	0	0	0	0	105	70	0	70	0	-

Item	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen
Mug Root Beer - Large	32 fl oz	380	0	0	0	0	150	102	0	101	0	-
Orange Crush - Kid's	12 fl oz	160	0	0	0	0	45	44	0	43	0	-
Orange Crush - Regular	22 fl oz	300	0	0	0	0	85	81	0	80	0	-
Orange Crush - Large	32 fl oz	440	0	0	0	0	125	117	0	116	0	-
Pepsi - Kid's	12 fl oz	150	0	0	0	0	30	41	0	41	0	-
Pepsi - Regular	22 fl oz	280	0	0	0	0	60	76	0	76	0	-
Pepsi - Large	32 fl oz	410	0	0	0	0	85	110	0	110	0	-
Pepsi Zero - Kid's	12 fl oz	0	0	0	0	0	65	0	0	0	0	-
Pepsi Zero - Regular	22 fl oz	0	0	0	0	0	115	0	0	0	0	-
Pepsi Zero - Large	32 fl oz	0	0	0	0	0	170	< 1	0	0	0	-
Pibb Xtra - Kid's	12 fl oz	140	0	0	0	0	55	38	0	38	0	-
Pibb Xtra - Regular	22 fl oz	260	0	0	0	0	105	70	0	70	0	-
Pibb Xtra - Large	32 fl oz	380	0	0	0	0	150	102	0	102	0	-
Powerade Mtn Berry Blast - Kid's	12 fl oz	90	0	0	0	0	115	23	0	23	0	-
Powerade Mtn Berry Blast - Regular	22 fl oz	160	0	0	0	0	210	42	0	42	0	-
Powerade Mtn Berry Blast - Large	32 fl oz	230	0	0	0	0	310	61	0	61	0	-
Sprite - Kid's	12 fl oz	140	0	0	0	0	70	38	0	38	0	-
Sprite - Regular	22 fl oz	260	0	0	0	0	130	70	0	70	0	-
Sprite - Large	32 fl oz	380	0	0	0	0	190	101	0	101	0	-
Starry - Kid's	12 fl oz	150	0	0	0	0	35	39	0	39	0	-
Starry - Regular	22 fl oz	270	0	0	0	0	60	71	0	71	0	-
Starry - Large	32 fl oz	390	0	0	0	0	90	104	0	104	0	-
Tropicana Fruit Punch - Kid's	12 fl oz	170	0	0	0	0	35	45	0	45	0	-
Tropicana Fruit Punch - Regular	22 fl oz	310	0	0	0	0	60	83	0	82	0	-
Tropicana Fruit Punch - Large	32 fl oz	450	0	0	0	0	90	120	0	120	0	-
Apple Juice Drink Pouch	6 fl oz	35	0	0	0	0	10	9	0	8	0	-
Milk 1% Box	8 fl oz	110	2.5	1.5	0	10	130	13	0	12	8	M

## Condiments

Item	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen
Honey Mustard	1.7 oz (48 g)	140	8	2	0	10	240	16	< 1	13	< 1	EM
Ketchup (Dip N Squeeze Cup)	1 Pack (27 g)	35	0	0	0	0	250	8	0	6	0	-
Louisiana Hot Sauce Packet	1 Packet (7 g)	0	0	0	0	0	270	0	0	0	0	-
Kraft Mayonnaise Packet	1 Packet (12.4 g)	90	10	1.5	0	< 5	65	0	0	0	0	E
Sugar Packet	1 Packet (2.6 g)	10	0	0	0	0	0	3	0	3	0	-
Splenda Packet	1 Packet (1 g)	0	0	0	0	0	0	< 1	0	< 1	0	-
Equal Packet	1 Packet (1 g)	0	0	0	0	0	0	< 1	0	< 1	0	-
Sweet 'N Low Packet	1 Packet (1 g)	0	0	0	0	0	0	< 1	0	< 1	0	-
Iodized Salt Packet	1 Packet (0.6 g)	0	0	0	0	0	230	0	0	0	0	-
Black Pepper Packet	1 Packet (0.05 g)	0	0	0	0	0	0	0	0	0	0	-
Lemon Wedge	1/6 Wedge	0	0	0	0	0	0	< 1	0	0	0	-

# Allergen Key & Important Notes

Allergen Key: E = Eggs, S = Soy, F = Fish (Anchovies), M = Milk, N = Nuts, W = Wheat, SS = Sesame.

\*May contain Eggs, Milk, and Wheat from shared fry oil. Cane's Sauce, Coleslaw and Beverages are listed as gluten-free in the provided information. Products containing gluten are prepared in the kitchens.

The nutritional information for chicken finger meals was derived from lab analysis, nutrient databases, and information provided by suppliers. It is based on average nutritional values for standard product sizes and formulations.

Actual nutritional values may vary due to serving size differences, preparation techniques, source of supply, and regional product differences.

The provided information states that ingredients that may cause allergic reactions are identified where possible; however, there is always a risk of cross-contact in kitchens.

Product manufacturers may change formulations at any time without notice. Customers with food allergies should be aware of this risk.

The provided information states that Raising Cane's cooks fried foods in an all-vegetable, trans fat free blend of soybean and canola oil. According to the FDA, highly refined soybean oil is not considered allergenic; therefore, Chicken Fingers and Crinkle-Cut Fries are not labeled as such in the provided allergen information.

Total menu entries included: 117