



Nutritional Information

Last Updated September 2025. Nutritional information may vary based on portion sizing.

BURGERS

Burgers	Portion	Calories	Carbs	Protein	Fat	Fiber	Cholesterol	Sodium
Double Cheeseburger	1	568	56g	62g	64g	2g	210mg	980mg
Double Hamburger	1	880	54g	52g	48g	2g	150mg	630mg
Triple Hamburger	1	1,170	54g	75g	70g	2g	225mg	695mg
Triple Cheeseburger	1	1,390	58g	77g	86g	2g	285mg	1,160mg
Tom's Special	1	573	20.5g	32g	1g	1g	117.3mg	1,006mg
Big Tom	1	838	35g	46g	1.5g	1.5g	172mg	604mg
Pizza Burger	1	281.5	35g	14g	1.5g	1.5g	43.7mg	448mg
Double Pizza Burger	1	579	20g	47g	1.5g	1.5g	140mg	485mg
Bacon Double Cheese	1	875	19.1g	56.5g	1g	1g	183.7mg	968mg
Tominator	1	602	24.5g	28g	1g	1g	103mg	846mg
Tominator 2	1	893	24.5g	48g	1g	1g	188mg	924mg
Hamburger	1	264	18g	14g	1g	1g	43.7mg	268mg
Cheeseburger	1	334	18g	18g	1g	1g	58.7mg	608mg
¼ Pounder	1	471	32g	26g	1.5g	1.5g	85mg	478mg
½ Pounder	1	762	32g	49.8g	1.5g	1.5g	170mg	556mg
Tommy Boy	1	564	34.5g	31g	1g	1g	121mg	570mg
Bacon Ranch Deluxe	1	676	34.5g	40g	1g	1g	155.5mg	590mg
Bacon BBQ Deluxe	1	631	43.5g	31.5g	1g	1g	148mg	635mg
Mac & Cheeseburger	1	1,249	72g	65g	63g	2g	185mg	1,080mg

FISH

Fish	Portion	Calories	Carbs	Protein	Fat	Fiber	Cholesterol	Sodium
Haddockwich	1	477	52g	19g	20.5g	2.5g	35mg	920mg
Box of Haddock	1	1,760	152g	104g	80g	8g	280mg	5,120mg
Haddock Dinner	1	1,638	132g	58g	98.5g	9g	160mg	2,660mg
Fishwich	1	342	39g	170g	12.5g	1g	35mg	630mg

CHICKEN

Chicken	Portion	Calories	Carbs	Protein	Fat	Fiber	Cholesterol	Sodium
Grilled Chicken Club	1	1,111	21g	45g	52.3g	1g	145.3mg	390mg
Grilled Chicken Sandwich	1	364	35g	38g	4.5g	1g	49.3mg	390mg
Breaded Chicken Sandwich	1	569	45g	30g	19g	4g	50mg	595mg
Chicken Parmesan	1	806	48g	44g	38g	4.4g	61mg	2,155mg
Buffalo Chicken	1	519	55g	25g	24g	1g	75mg	1,416mg
Tom's Firebird	1	440	41g	31g	15g	2g	80mg	1,810mg
Spicy Chicken Tominator	1	526	48g	31.4g	16g	2.4g	90mg	2,067mg
Chicken Nuggets	4 pc	240	11g	20.2g	24g	3g	15.8mg	360mg
Chicken Nuggets	5 pc	300	13.2g	25.2g	30g	4g	19.8mg	450mg
Chicken Nuggets	9 pc	369	21g	20g	23g	2g	72mg	810mg
Chicken Nuggets	20 pc	840	48g	44g	52g	4g	160mg	1,800mg
Firebird Wrap	1	780	78g	42g	32g	4g	110mg	2,015mg
Breaded Chicken Wrap (No Sauce)	1	880	72g	34g	31g	4g	80mg	1,465mg
Grilled Chicken Wrap (No Sauce)	1	570	55g	40g	19g	3g	110mg	1,305mg

SIDES

Sides	Portion	Calories	Carbs	Protein	Fat	Fiber	Cholesterol	Sodium
Cheese Curds	Small	417	27.2g	17g	26g	0g	34mg	1,088mg
Cheese Curds	Medium	833	54.4g	34g	51g	0g	68mg	2,176mg
Cheese Curds	Large	1,249	82g	51g	77g	0g	102mg	3,264mg
Cheese Curds	Box	2,082	136g	85g	128g	0 g	170mg	5,440mg
Onion Rings	Small	394	43g	5.1g	22.3g	3.4g	23mg	731mg
Onion Rings	Medium	788	85g	10.2g	45g	7g	46mg	1,462mg
Onion Rings	Large	1,182	128g	15.3g	67g	10.2g	69mg	2,192mg
Onion Rings	Box	1,576	170g	20.4g	89.2g	14g	92mg	2,922mg
French Fries	Small	230	21g	2g	14.3g	2g	5mg	220mg
French Fries	Medium	460	42g	4g	29g	4g	10mg	330mg
French Fries	Large	613	56g	5g	38.1g	5g	3mg	440mg
French Fries	Box	1,150	105g	10g	71.5g	10g	25mg	750mg
Fried Pickle Spears	3pc	170	17g	1.5g	11g	1.5g	0mg	1,090mg
Fried Pickle Spears	6pc	358	36g	3.2g	23.1g	3.2g	0mg	2,298mg
Mac & Cheese Bites	4 pc	290	21g	9g	17g	1g	38mg	550mg
Mac & Cheese Bites	5pc	354	26g	11g	21g	1g	45mg	670mg
Mac & Cheese Bites	9pc	700	52g	22g	42g	2g	90mg	1,330mg
Mac & Cheese Bites	20pc	1,090	81g	34g	65g	3g	140mg	2,080mg
Mini Corn Dogs	4 pc	235	25g	7g	12g	1g	40mg	550mg
Mini Corn Dogs	10 pc	550	57g	16g	29g	3g	90mg	1,280mg
Tater Tots	Small	195	24g	2g	10g	2g	0mg	540mg
Tater Tots	Medium	390	48g	4g	20g	4g	0mg	1,080mg
Tater Tots	Large	585	72g	6g	30g	6g	0mg	1,620mg
Tater Tots	Box	975	120g	10g	50g	10g	0mg	2,700mg

ARCTIC ZONE

Arctic Zone	Portion	Calories	Carbs	Protein	Fat	Fiber	Cholesterol
Root Beer Float	Small	316	50g	5.25g	7g	26mg	255mg
Root Beer Float	Regular	367	73g	5.25g	7g	26mg	271mg
Root Beer Float	Large	472	98g	8g	9g	34mg	342mg
Caramel Malt	Small	783	137g	12g	18g	38mg	0mg
Caramel Malt	Regular	1,076	188g	17g	25g	52mg	0mg
Caramel Malt	Large	1,566	274g	24g	36g	75mg	0mg
Chocolate Malt	Small	783	137g	12g	18g	38mg	0mg
Chocolate Malt	Regular	1,076	188.3g	17g	25g	52mg	0mg
Chocolate Malt	Large	1,566	274g	24g	36g	75mg	0mg
Mint Malt	Small	803	147g	12g	18g	38mg	0mg
Mint Malt	Regular	1,104	202g	17g	25g	52mg	0mg
Mint Malt	Large	1,606	294g	24g	36g	75mg	0mg
Strawberry Malt	Small	743	133g	12g	18g	38mg	0mg
Strawberry Malt	Regular	1,021	182g	17g	25g	52mg	0mg
Strawberry Malt	Large	1,486	266g	24g	36g	75mg	0mg
Vanilla Malt	Small	580	91g	12g	18g	38mg	0mg
Vanilla Malt	Regular	798	125g	17g	25g	52mg	0mg
Vanilla Malt	Large	1,160	182g	24g	36g	75mg	0mg
Butterfinger Blast	Small	520	86g	10g	19g	38mg	435mg
Butterfinger Blast	Regular	715	118g	13g	26.1g	52mg	598mg
Butterfinger Blast	Large	1,060	176g	23g	37g	105mg	1,020mg
Cookie Dough Blast	Small	520	86g	10g	19g	38mg	435mg
Cookie Dough Blast	Regular	715	118g	13.0g	26.1g	52mg	598mg
Cookie Dough Blast	Large	1,060	176g	23g	37g	105mg	1,020mg
Heath Blast	Small	520	86g	9.5g	19g	38mg	435mg
Heath Blast	Regular	953	157g	17g	35g	69mg	598mg
Heath Blast	Large	1,060	176g	23g	37g	105mg	1,020mg
M & M Blast	Small	580	90g	12g	22g	58mg	475mg
M & M Blast	Regular	797	123g	15.8g	30.2g	79.0mg	653mg
M & M Blast	Large	1,120	180g	25g	40g	125mg	1,060mg
Oreo Blast	Small	440	70g	8.5g	16g	37mg	475mg
Oreo Blast	Regular	605	96.3 g	12g	22g	50.8mg	653mg
Oreo Blast	Large	980	160g	22g	34g	105mg	1,060mg
Peanut Butter Cup Blast	Small	600	82g	15.5g	26g	57mg	475mg
Peanut Butter Cup Blast	Regular	825	112g	21.3g	35.7g	78.3mg	653mg
Peanut Butter Cup Blast	Large	1,140	172g	29g	41g	125mg	1,060mg

Caramel Sundae	One Size	350	75g	4g	5g	19mg	413mg
Hot Fudge Sundae	One Size	430	67g	3.4g	17g	19mg	313mg
Strawberry Sundae	One Size	310	65g	4g	5g	19mg	223mg
Vanilla Cone	Small	235	39g	5.25g	7g	26mg	243mg
Vanilla Cone	Regular	290	51g	8g	9g	34mg	308mg
Chocolate Cone	Small	245	39g	5.25g	7g	26mg	243mg
Chocolate Cone	Regular	300	51g	8g	9g	34mg	308mg
Twist Cone	Small	240	39g	5.25g	7g	26mg	243mg
Twist Cone	Regular	295	51g	8g	9g	34mg	308mg
Soft Serve	Small	520	80g	12g	16g	60mg	40mg
Soft Serve	Regular	1,040	160g	24g	32g	120mg	80mg
Flavor Cones	One Size	380	63g	9.25g	11g	41mg	388mg