

Cook Out Menu with Prices 2026

Trays · Burgers · BBQ · Hot Dogs · Chicken · Sides · 46 Shakes · Calories for Every Item

Regular Tray \$7.39 · Jr. Tray \$6.39 · All Shakes \$3.99 · Fan-made guide at cookoutmenuguide.online · Official site: cookout.com

Calories follow Cook Out's official nutrition PDF (cookout.com/wp-content/uploads/Cook-Out-Nutrition1.pdf). Prices are typical 2026 board prices and vary by location. Not affiliated with Cook Out, Inc.

Cook Out Trays

Item	Price	Calories	Protein
Regular Cook Out Tray	\$7.39	Varies	-
Junior Cook Out Tray	\$6.39	Varies	-

Char-Grilled Burgers

Item	Price	Calories	Protein
Small Hamburger (1/8 lb)	\$2.99	245	14g
Regular Hamburger (1/4 lb)	\$3.49	328	22g
Huge Hamburger (1/2 lb)	\$5.49	516	40g
Big Double Burger	\$3.99	311	20g
Cook Out Style Burger	\$4.24	451	25g
Cheddar Style Burger	\$4.38	561	30g
Out West Style Burger	\$4.14	530	30g
Steak Style Burger	\$4.04	419	23g

Chopped Pork BBQ

Item	Price	Calories	Protein
Chopped Pork BBQ Sandwich	\$4.99	368	29g
BBQ Plate (with Slaw, Fries & Hushpuppies)	\$8.99	976	35g
Regular Barbecue (Tray Main)	\$7.39	368	29g
BBQ Char-Grilled Chicken Sandwich	\$4.99	376	25g

Hot Dogs & Corn Dogs

Item	Price	Calories	Protein
Regular Hot Dog	\$2.29	260	8g
Cook Out Style Hot Dog	\$2.99	383	11g
Mexi Hot Dog	\$2.99	385	12g
Bacon Cheddar Hot Dog	\$3.49	523	19g
Cheese Dog	\$2.49	146	3g
Mustard & Relish Hot Dog	\$2.99	394	11g
Corn Dog	\$1.99	220	5g

Chicken

Item	Price	Calories	Protein
Char-Grilled Chicken Sandwich	\$4.99	377	25g
Cajun Chicken Sandwich	\$4.99	377	25g
Spicy Chicken Sandwich	\$4.99	446	21g
Chicken Club Sandwich	\$5.99	565	33g
Chicken Strips (3 pc)	\$4.29	660	36g
Chicken Strip Sandwich	\$4.99	674	28g
Chicken Nuggets (Full Order)	\$1.99	240	16g

Quesadillas & Wraps

Item	Price	Calories	Protein
Cheese Quesadilla	\$2.29	355	13g
Chicken Quesadilla	\$2.49	449	19g
Beef Cheeseburger Quesadilla	\$2.49	514	22g
Bacon Ranch Chicken Wrap	\$2.49	419	20g
Cajun Chicken Wrap	\$2.49	501	25g
Honey Mustard Chicken Wrap	\$2.49	517	25g
Ranch Chicken Wrap	\$2.49	522	25g

Sides & Fries

Item	Price	Calories	Protein
Regular Fries	\$2.39	347	4g
Large Fries	\$2.99	694	7g
Cajun Fries	\$2.39	347	4g
Cheese Fries	\$2.89	390	7g
Chili Cheese Fries	\$2.99	460	12g
Cook Out Loaded Fries	\$3.55	465	7g
Cook Out Rounds (Side)	\$2.39	149	4g
Hushpuppies (Side)	\$1.99	300	2g
Onion Rings (Side)	\$2.69	128	3g
Homemade Slaw (Side)	\$1.99	405	0g
Chili (Side)	\$1.99	164	5g
Baked Beans	\$1.99	170	6g
White Cheddar Cheese Bites (Side)	\$3.39	150	8g
Fried Okra	\$2.39	228	3g
Walking Taco	\$2.99	380	12g

Milkshakes (46)

Item	Price	Calories	Protein
Vanilla Milkshake	\$3.99	555	16g
Hershey's Chocolate Milkshake	\$3.99	620	16g
Double Chocolate Milkshake	\$3.99	651	15g

Item	Price	Calories	Protein
Strawberry Milkshake	\$3.99	610	15g
Fresh Banana Milkshake	\$3.99	538	15g
Banana Berry Milkshake	\$3.99	671	15g
Banana Nut Milkshake	\$3.99	704	15g
Banana Fudge Milkshake	\$3.99	772	17g
Banana Pudding Milkshake	\$3.99	781	16g
Banana Pineapple Milkshake	\$3.99	566	15g
Blueberry Milkshake	\$3.99	617	15g
Peach Milkshake	\$3.99	547	15g
Peach Cobbler Milkshake	\$3.99	790	17g
Cherry Cobbler Milkshake	\$3.99	842	17g
Pineapple Milkshake	\$3.99	575	16g
Red Cherry Milkshake	\$3.99	600	15g
Hi-C Punch Milkshake	\$3.99	598	15g
Orange Push-Up Milkshake	\$3.99	638	16g
Fresh Watermelon Shake (Seasonal)	\$3.99	645	15g
Cappuccino Milkshake	\$3.99	555	16g
Mocha Milkshake	\$3.99	620	16g
Mint Milkshake	\$3.99	605	16g
Malted Milk Milkshake	\$3.99	606	17g
Caramel Milkshake	\$3.99	560	15g
Fudge Milkshake	\$3.99	754	17g
Caramel Fudge Milkshake	\$3.99	677	16g
Chocolate Chip Milkshake	\$3.99	783	18g
Chocolate Chip Mint Milkshake	\$3.99	834	18g
Chocolate Cherry Milkshake	\$3.99	665	15g
Chocolate Nut Milkshake	\$3.99	752	15g
Chocolate Malt Milkshake	\$3.99	671	17g
Nilla Wafers Milkshake	\$3.99	763	17g
Oreo Milkshake	\$3.99	802	17g
Oreo Mint Milkshake	\$3.99	853	17g
M&M; Milkshake	\$3.99	755	17g
Reese's Cup Milkshake	\$3.99	894	24g
Snickers Milkshake	\$3.99	720	19g
Heath Toffee Milkshake	\$3.99	701	15g
Fresh Peanut Butter Milkshake	\$3.99	847	27g
Peanut Butter Banana Milkshake	\$3.99	864	27g
Peanut Butter Fudge Milkshake	\$3.99	765	21g
Walnut Milkshake	\$3.99	853	15g
Philadelphia Cheesecake Shake	\$3.99	845	21g
Cherry Cheesecake Shake	\$3.99	925	21g
Strawberry Cheesecake Shake	\$3.99	820	20g

Item	Price	Calories	Protein
Eggnog Milkshake (Seasonal)	\$3.99	700	16g

Drinks & Floats

Item	Price	Calories	Protein
Huge Fresh-Brewed Sweet Tea	\$2.39	330	0g
Cheerwine (Large 24 oz)	\$2.39	216	0g
Fountain Drinks (Huge 32 oz)	\$2.39	280	0g
Cheerwine / Coke Float (16 oz)	\$3.99	401	10g
Dasani Bottled Water	\$1.99	Varies	0g

Sandwiches

Item	Price	Calories	Protein
BLT Sandwich	\$4.49	392	15g

Plan your order: cookoutmenuguide.online (tray builder, full nutrition, city guides) · Order & official info: cookout.com · Locations: cookout.com/locations ·

Customer service: 1-866-547-0011

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