

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
BREAKFAST									
Bacon Biscuit	310	150	17	4.5	30	830	31	9	1
Bacon, Egg & Cheese Biscuit	420	230	26	8	140	1150	31	17	1
Bacon, Egg & Cheese Breakfast Wrap	320	160	18	6	115	870	24	17	1
Biscuit	270	110	13	3.5	5	620	34	5	1
Biscuit w/butter	300	150	16	4.5	5	660	34	5	1
Bologna Biscuit	370	200	23	6	45	880	33	10	1
Breakfast Special	655	300	34	8	150	1730	46	19	3
Chicken Biscuit	470	200	22	5	45	1350	41	25	2
Cinnamon Roll	580	210	23	6	0	950	87	6	3
Deluxe Breakfast w/ Bacon	1040	570	63	17	160	2390	91	25	3
Deluxe Breakfast w/ Bologna	1190	700	77	21	190	2620	96	28	3
Deluxe Breakfast w/ Chicken Fillet	1160	600	67	16	170	2770	101	39	4
Deluxe Breakfast w/ Ham	1280	670	74	20	160	3560	112	41	5
Deluxe Breakfast w/ Sausage	1360	790	88	25	170	2870	111	33	5
Deluxe Breakfast w/ Steak	1350	750	84	23	150	2770	121	27	6
Double Gravy Biscuit	830	440	49	13	55	2280	80	18	2
Egg & Cheese Biscuit	360	190	21	6	130	880	31	12	1
Eggs	140	90	10	2.5	200	300	1	10	0
Grits with butter	180	80	9	1.5	0	610	24	2	3
Grits without butter	120	0	0	0	0	1040	27	3	5
Ham Biscuit	390	190	21	6	20	1310	36	16	1
Ham Biscuit	390	190	21	6	20	1310	36	16	1
Hash Browns (Large)	650	360	40	11	0	770	66	6	0
Hash Browns (Regular)	440	250	27	8	0	520	45	4	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Pancakes	330	70	8	1.5	5	450	57	8	0
Pancakes with Bacon	420	140	15	4	25	860	57	15	0
Pancakes with Bologna	580	260	29	8	55	1090	61	18	0
Pancakes with Chicken Fillet	550	160	18	3.5	35	1240	67	29	1
Pancakes with Ham	610	250	28	7	45	1880	60	31	0
Pancakes with Sausage	700	370	42	12	55	1180	59	23	0
Pancakes with Steak	690	340	38	10	30	1080	70	17	2
Sausage Biscuit	440	250	28	8	25	970	35	12	1
Sausage, Egg & Cheese Biscuit	550	330	36	12	140	1280	36	20	1
Sausage, Egg, Cheese Breakfast Wrap	310	150	17	6	110	630	24	14	1
Side Ham (2 slices)	180	80	9	3.5	35	1300	3	22	0
Side of Bacon	100	70	8	2.5	20	420	0	7	0
Side of Sausage Gravy	230	150	17	4.5	15	780	13	6	0
Side Sausage (2 patties)	270	200	22	8	45	600	2	14	0
Side Steak (1 portion)	250	170	19	6	25	500	13	9	2
Single Gravy Biscuit	420	220	24	6	30	1140	40	9	1
Single Gravy with Egg Biscuit	490	270	30	7	130	1290	41	14	1
Smoked Sausage Biscuit	410	240	27	8	45	990	32	11	0
Steak Biscuit	560	320	35	11	25	1170	47	14	3
CHICKEN									
3 pc Chicken Fingers & Fries	610	250	27	4	35	1490	56	36	2
4 pc Chicken Fingers & Fries	720	290	32	4.5	45	1870	60	47	2
Biscuit	250	110	12	3	20	560	31	5	1
Chicken Breast	480	260	29	8	70	660	20	35	0
Chicken Finger (1 piece)	110	45	5	1	20	350	5	13	1

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Chicken Fingers (3 Pieces)	330	135	15	3	60	1050	15	39	3
Chicken Gravy (1oz. serving)	10	0	0	0	0	130	2	0	0
Chicken Leg	150	90	10	3	25	200	7	10	0
Chicken Thigh	390	270	30	7	70	430	13	18	0
Chicken Wing	200	120	13	3.5	15	240	9	11	0
Cole Slaw (4oz. serving)	390	340	38	6	30	360	11	2	5
Green Beans (4oz. serving)	25	0	0	0	0	190	5	1	0
Grilled Chicken Finger (1 piece)	60	10	1.5	0	10	230	0	11	0
Homemade Ranch Dressing (1 oz)	110	100	12	2	10	220	1	1	0
Jack's BBQ Sauce (1 container)	70	0	0	0	0	460	17	0	0
Jack's Buffalo Sauce (1 container)	80	70	8	1.5	0	1250	3	0	0
Jack's Comeback Sauce (1 container)	240	210	24	4	10	340	5	0	0
Jack's Honey Mustard (1 container)	180	120	13	2	10	260	13	0	0
Large Fries	440	170	19	5	0	460	61	7	0
Mashed Potatoes w/ Brown Gravy (4oz. serving)	100	10	1	0	0	430	20	2	0
Regular Fries	310	120	13	3.5	0	320	42	5	0

DESSERTS

Apple Pie	230	90	10	2.5	0	240	32	3	0
Chocolate Ice Cream - 1 Scoop	190	80	8	5	30	60	24	4	0
Chocolate Ice Cream - 2 Scoops	370	150	17	11	60	120	48	7	0
Chocolate Milkshake (Regular)	690	290	33	20	115	270	82	18	0
Chocolate Milkshake (Small)	470	200	22	14	75	190	56	13	0
Cookies & Cream Ice Cream - 1 Scoop	200	90	10	5	30	90	25	2	0
Cookies & Cream Ice Cream - 2 Scoops	390	170	19	11	60	180	50	5	0
Cookies & Cream Milkshake (Regular)	730	330	36	20	115	360	86	14	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Cookies & Cream Milkshake (Small)	500	220	25	14	75	250	58	10	0
Lemon Pie	250	110	12	3	0	180	34	3	0
Orange Sherbet - 1 Scoop	110	10	1	0	5	15	26	0	0
Orange Sherbet - 2 Scoops	220	20	2	0	10	30	51	0	0
Orange Sherbet Milkshake (Regular)	470	90	10	6	35	135	87	7	0
Orange Sherbet Milkshake (Small)	330	70	8	4	25	100	59	5	0
Strawberry Ice Cream - 1 Scoop	160	60	7	4	30	55	20	2	0
Strawberry Ice Cream - 2 Scoops	310	130	14	8	60	110	41	5	0
Strawberry Milkshake (Regular)	600	260	29	17	115	250	71	14	0
Strawberry Milkshake (Small)	410	180	20	12	75	180	48	10	0
Vanilla Ice Cream - 1 Scoop	170	80	9	5	40	60	19	3	0
Vanilla Ice Cream - 2 Scoops	340	160	18	10	80	125	39	7	0
Vanilla Milkshake (Regular)	650	310	35	20	140	280	68	18	0
Vanilla Milkshake (Small)	450	210	24	13	95	190	46	12	0

DRINKS

Coca-Cola (Large)	430	0	0	0	0	130	108	0	0
Coca-Cola (Regular)	270	0	0	0	0	85	68	0	0
Coca-Cola (Small)	220	0	0	0	0	65	54	0	0
Coffee (Large)	0	0	0	0	0	10	0	1	0
Coffee (Regular)	0	0	0	0	0	5	0	0	0
Diet Coke (Large)	0	0	0	0	0	110	0	0	0
Diet Coke (Regular)	0	0	0	0	0	70	0	0	0
Diet Coke (Small)	0	0	0	0	0	55	0	0	0
Dr Pepper (Large)	430	0	0	0	0	150	107	0	0
Dr Pepper (Regular)	270	0	0	0	0	90	67	0	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Dr Pepper (Small)	210	0	0	0	0	75	53	0	0
Jack's Iced Coffee (Caramel)	330	140	16	10	55	45	45	3	0
Jack's Iced Coffee (Mocha)	360	140	16	10	55	45	51	3	0
Jack's Iced Coffee (Original)	250	140	16	10	55	45	25	3	0
Jack's Iced Coffee (Vanilla)	330	140	16	10	55	45	45	3	0
Jack's Sweet Tea (Large)	350	0	0	0	0	20	86	0	0
Jack's Sweet Tea (Regular)	220	0	0	0	0	15	54	0	0
Jack's Sweet Tea (Small)	170	0	0	0	0	10	43	0	0
Jack's Unsweet Tea (Large)	15	0	0	0	0	25	3	0	0
Jack's Unsweet Tea (Regular)	10	0	0	0	0	15	2	0	0
Jack's Unsweet Tea (Small)	10	0	0	0	0	10	2	0	0
Mello Yello (Large)	510	0	0	0	0	130	128	0	0
Mello Yello (Regular)	320	0	0	0	0	85	80	0	0
Mello Yello (Small)	260	0	0	0	0	65	64	0	0
Minute Maid Light Lemonade (Large)	15	0	0	0	0	280	4	0	0
Minute Maid Light Lemonade (Regular)	10	0	0	0	0	180	3	0	0
Minute Maid Light Lemonade (Small)	10	0	0	0	0	140	2	0	0
Orange Juice Carton	250	0	0	0	0	20	34	3	0
Sprite (Large)	420	0	0	0	0	190	104	0	0
Sprite (Regular)	260	0	0	0	0	120	65	0	0
Sprite (Small)	210	0	0	0	0	95	52	0	0
Whole Milk 12 oz.	220	110	12	7	35	150	17	12	0
Whole Milk 16 oz.	290	140	16	9	50	200	22	16	0
Whole Milk 20 oz.	370	180	20	11	60	240	28	20	0
HEALTHY									
Crispy Chicken Salad	380	160	18	6	50	990	25	30	6

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Green Beans	25	0	0	0	0	190	5	1	0
Grilled Chicken Salad	270	90	10	5	40	580	16	30	5
Grilled Chicken Sandwich	380	150	16	3	20	750	32	27	2
Grits with butter	230	100	12	2	0	1150	27	3	5
Grits without butter	120	0	0	0	0	1040	27	3	5
Hamburger Patty (2 oz.)	120	80	9	3.5	20	70	0	8	0
Hamburger Patty (4 oz.)	230	170	19	7	40	135	0	16	0
Mashed Potatoes w/ brown gravy	100	10	1	0	0	430	20	2	0
Mashed Potatoes w/out brown gravy	80	0	0	0	0	300	17	2	0
Side Salad	70	35	3.5	2	10	85	5	4	2
Spring Salad	180	90	10	6	30	220	13	10	5

SANDWICHES

Big Bacon	610	370	41	13	70	940	31	29	2
Big Jack	530	300	33	9	45	830	35	23	2
BLT	380	170	18	4.5	20	860	39	14	4
Cheeseburger	380	190	21	7	35	680	31	16	1
Chicken Fillet Sandwich	490	220	24	4.5	35	1160	40	27	3
Chili Cheese Dog (Limited Time Offer)	300	150	17	7	25	810	26	11	2
Double Big Jack Cheese	850	530	59	21	110	1310	35	44	2
Double Cheeseburger	540	300	33	13	65	920	31	27	1
Grilled Cheese Sandwich	380	180	20	6	20	940	40	10	2
Grilled Chicken Sandwich	380	150	16	3	20	750	32	27	2
Hamburger	340	160	18	5	25	510	31	14	1
Large Fries	440	170	19	5	0	460	61	7	0
Little Jack (plain)	290	100	11	4.5	20	410	35	14	1

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Little Jack (with condiments and produce)	380	160	18	5	30	730	40	15	5
Regular Fries	310	120	13	3.5	0	320	42	5	0
Swiss Mushroom Burger (Limited Time Offer)	480	230	25	11	60	1350	36	26	4