

Menu Item	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BREAKFAST											
Biscuit (1 serving = 1 biscuit)	290	140	16	4.5	5	5	640	32	1	4	5
Breakfasat, Cinnamon Roll	450	140	15	9	0	0	980	73	1	43	6
Breakfast Special	670	390	44	11	7	180	1640	53	2	6	15
American Cheese, 1 slice	45	30	3.5	2	0	10	210	0	0	0	2
Bacon Biscuit	370	210	23	7	5	25	950	32	1	4	9
Bacon, 2 slices	80	60	7	2.5	0	20	310	0	0	0	4
Bacon, 3 slices	120	90	11	4	0	30	470	0	0	0	6
Bacon, Egg and Cheese Biscuit	520	320	36	11	5	200	1310	32	1	4	17
Bacon, Egg and Cheese Wrap	310	170	19	7	0	190	810	22	1	1	13
Big Breakfast Sandwich w/ Bacon	530	290	33	8	0	210	1120	40	1	4	18
Big Breakfast Sandwich w/ Sausage	830	540	60	18	0	250	1510	44	1	4	28
Big Breakfast Sandwich w/ Smoked Sausage	790	500	56	16	0	270	1870	42	1	4	28
Biscuit, Buttered	340	190	22	5	5	5	700	32	1	4	5
Bologna Biscuit	420	240	27	8	5	30	1150	34	1	4	10
Bologna, 1 ea.	130	100	11	3.5	0	25	510	2	0	0	5
Bologna, 2 ea.	260	200	22	7	0	50	1020	4	0	0	10
Chicken Biscuit	530	250	28	7	5	45	1590	46	2	6	24
Breakfast Chicken Fillet	230	110	12	2	0	45	940	14	1	2	19
Breakfast Deluxe, NO MEAT	1020	610	68	17	8	180	2160	85	5	6	18
Double Gravy Biscuit	950	520	58	17	16	30	2840	90	2	13	18
Eggs, Folded (1 serv = 2 oz)	110	80	9	2	0	170	150	0	0	0	6
Eggs, Scrambled (2 eggs = 4 oz)	210	160	18	4.5	0	340	290	1	0	0	11
Eggs, Scrambled with Cheese (2 eggs = 4 oz)	260	190	22	6	0	350	500	1	0	0	13
Breakfast, Gravy, Chicken (4 oz.)	15	15	3	0.5	1	0	650	8	0	1	3
Grits, 4oz	140	90	10	1.5	0	0	330	13	1	0	1
Ham Biscuit	430	230	26	7	5	35	1280	32	1	4	16
Ham, 1 ea.	90	35	4	1.5	0	35	590	0	0	0	11
Ham, 2 ea.	180	70	8	2.5	0	65	1170	0	0	0	22
Hashbrowns, large	520	320	36	8	0	0	750	45	5	0	5
Hashbrowns, regular	360	220	25	6	0	0	520	31	3	0	3
Pancakes, 1 each (No Syrup)	90	60	6	1	0	5	120	6	0	2	1
Pancakes, 1 each, w/ 1 Syrup	210	60	6	1	0	5	170	37	0	18	1
Pancakes, 3 each, (No Syrup)	220	120	13	2	0.5	10	300	19	1	6	3
Pancakes, 3 each, w/ 1 Syrup	340	120	13	2	0.5	10	350	49	1	21	3
Pork Chop Biscuit	490	250	28	7	5	30	970	40	2	7	21
Smoked Sausage Link, 1 ea.	170	140	15	5	0	40	530	1	0	0	7
Smoked Sausage Link, 2 ea.	340	270	30	10	0	80	1060	2	0	0	14
Sausage (Patty) Biscuit	480	300	33	11	5	35	990	34	1	4	12
Sausage Patty, 1 ea.	190	150	17	6	0	30	350	2	0	0	7
Sausage Patty, 2 ea.	380	310	34	12	0	60	700	4	0	0	14
Sausage, Egg and Cheese Biscuit	630	410	46	15	5	215	1350	34	1	4	20

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Sausage, Egg and Cheese Wrap	320	180	20	7	0	185	740	22	1	1	12
Smoked Sausage, Egg and Cheese Biscuit	610	390	44	14	5	220	1530	33	1	4	20
Breakfast, Single Gravy Biscuit	480	260	29	9	8	15	1420	45	1	7	9
Smoked Sausage Biscuit	460	280	31	10	5	45	1170	33	1	4	12
Steak Biscuit	680	430	48	9	6	40	1300	45	1	4	15
Steak, 1 ea.	390	290	32	5	1	40	650	13	0	0	10
Sausage Gravy/Pepper Gravy	120	80	9	2.5	2	10	520	9	0	1	2
CHICKEN FINGERS/DIPPING SAUCES											
Chicken Fingers , 1 pc.	220	120	13	2.5	0	20	680	17	1	0	8
Chicken Fingers Box (12 pc.) (No Sauce)	2620	1430	160	31	1.5	255	8160	199	13	5	97
Chicken Fingers Box (20 pc.) (No Sauce)	4360	2380	267	51	2	425	13600	332	22	9	162
Chicken Fingers Dinner (with Biscuit, No Side) (3 pc.) (No Sauce)	950	500	56	12	5	65	2680	82	4	6	30
Chicken Fingers Dinner (with Biscuit, No Side) (4 pc.) (No Sauce)	1160	620	69	15	6	90	3360	98	5	6	38
Chicken Fingers Snack & Fries (3 pc.) (No Sauce)	920	500	56	11	0.5	65	2690	77	6	1	27
Chicken Fingers Snack & Fries (4 pc.) (No Sauce)	1140	620	69	13	0.5	85	3370	93	7	2	35
BBQ (1 cup - 1.5 oz)	60	0	0	0	0	0	450	15	0	12	0
Buffalo (1 cup - 1.5 oz)	100	100	11	7	0	25	1280	1	0	0	0
Comeback (1 cup - 1.5 oz)	230	210	24	3.5	0	10	320	4	0	3	0
Honey Mustard (1 cup - 1.5 oz)	180	130	14	2	0	15	230	12	0	10	0
Ranch (1 cup - 1.5 oz)	160	150	17	2.5	0	15	360	3	0	1	1
FRIED CHICKEN											
Chicken, Fried, 12 pc. Box (with Biscuits & no side)	6460	3330	372	92	34	1200	18130	437	15	31	328
Chicken, Fried, 8 pc. Box (with Biscuits & no side)	4300	2220	248	61	22	800	12090	291	10	20	219
Chicken, Fried, Breast , 1 pc	670	320	36	8	0.5	135	2130	37	1	1	48
Chicken, Fried, Drumstick, 1 pc	200	100	11	2.5	0	55	660	12	0	0	12
Chicken, Fried, Thigh, 1 pc	490	290	32	8	0	130	1340	23	1	0	25
Chicken, Fried, Wing , 1 pc	220	120	13	3	0	75	630	10	0	0	13
ICED COFFEE											
Iced Coffee, Caramel, 10 fluid oz	210	80	9	5	0	30	60	30	0	27	4
Iced Coffee, Caramel, 22 fluid oz	470	180	20	11	0.5	65	135	64	0	59	8
Iced Coffee, Mocha, 10 fluid oz	220	80	9	5	0	30	60	31	0	31	4
Iced Coffee, Mocha, 22 fluid oz	480	180	20	11	0.5	65	135	67	0	67	8
Iced Coffee, Original, 10 fluid oz	190	80	9	5	0	30	60	25	0	25	4
Iced Coffee, Original, 22 fluid oz	430	180	20	11	0.5	65	135	54	0	54	8
Iced Coffee, Vanilla 10 fluid ounce	210	80	9	5	0	30	60	30	0	30	4
Iced Coffee, Vanilla 22 fluid ounce	470	180	20	11	0.5	65	135	64	0	64	8
KID'S MEALS											
Kid's Meal, Cheeseburger (no drink)	750	360	40	12	1	60	1660	74	4	12	22
Kid's Meal, Chicken Fingers (no drink)	960	510	57	11	0.5	65	2740	85	6	5	27
Kid's Meal, French Fries	260	140	16	3	0	0	650	27	3	0	3
Kid's Meal, Hamburger (no drink)	710	330	36	10	1	50	1450	73	4	12	20
Kid's Meal, Rice Krispy Treat (1 ea.)	45	10	1	0	0	0	55	9	0	4	0

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ICE CREAM/MILKSHAKES/PIES											
Ice Cream Cone (cone only)	20	0	0	0	0	0	10	4	0	0	0
Ice Cream Sundae, Candy Jar Crunch	310	100	11	7	0	30	95	51	1	40	4
Ice Cream Sundae, Chocolate	340	130	15	8	0	55	75	51	1	39	4
Ice Cream Sundae, Cookies & Cream	340	120	13	7	0	40	125	54	1	43	4
Ice Cream Sundae, Moose	370	150	17	8	0	40	110	52	1	43	5
Ice Cream Sundae, Orange Sherbet	270	20	2	1	0	0	50	62	1	44	1
Ice Cream Sundae, Smoky Mountain Fudge	350	130	15	7	0	30	125	56	3	43	5
Ice Cream Sundae, Strawberry	290	90	10	6	0	40	70	49	1	41	4
Ice Cream Sundae, Vanilla	320	120	13	8	0	65	115	48	1	44	5
Ice Cream, Candy Jar Crunch, 1 scoop	230	90	11	7	0	30	85	30	0	23	3
Ice Cream, Candy Jar, 2 scoops	450	190	21	14	0	60	170	60	0	45	6
Ice Cream, Chocolate, 1 scoop	260	130	14	8	0	55	65	30	0	22	3
Ice Cream, Chocolate, 2 scoops	510	260	29	16	0	110	130	61	0	45	6
Ice Cream, Cookies & Cream, 1 scoop	260	120	13	7	0	40	110	34	0	26	3
Ice Cream, Cookies & Cream, 2 scoops	510	230	26	14	0	80	220	67	0	51	6
Ice Cream, Moose, 1 scoop	290	150	17	8	0	40	100	32	0	26	5
Ice Cream, Moose, 2 scoops	570	300	33	15	0	75	200	63	0	51	9
Ice Cream, Orange Sherbet, 1 scoop	190	15	1.5	1	0	0	40	42	0	27	0
Ice Cream, Orange Sherbet, 2 scoops	380	30	3	1.5	0	0	80	83	0	54	0
Ice Cream, Smoky Mountain Fudge, 1 scoop	270	130	14	6	0	30	110	35	2	26	5
Ice Cream, Smoky Mountain Fudge, 2 scoops	540	260	29	13	0	65	220	70	3	51	10
Ice Cream, Strawberry Ice Cream 2 scoop	420	170	19	11	0	80	110	58	0	48	6
Ice Cream, Strawberry, 1 scoop	210	90	10	6	0	40	55	29	0	24	3
Ice Cream, Vanilla, 1 scoop	240	120	13	8	0	65	105	27	0	27	5
Ice Cream, Vanilla, 2 scoops	480	230	26	16	0	130	210	54	0	54	10
Milkshake, Candy Jar, Large	820	350	39	25	0	115	350	102	0	79	17
Milkshake, Candy Jar, Small	560	240	27	17	0	80	240	69	0	54	12
Milkshake, Chocolate, Large	920	460	51	29	0	190	300	103	0	79	17
Milkshake, Chocolate, Small	620	310	35	19	0	130	210	70	0	54	12
Milkshake, Cookie & Cream, Large	920	420	46	26	0	145	440	113	0	89	17
Milkshake, Cookies & Cream, Small	620	280	32	18	0	100	300	76	0	60	12
Milkshake, Moose, Large	1000	520	57	27	0	135	400	106	0	88	21
Milkshake, Moose, Small	680	350	39	18	0	95	270	72	0	60	15
Milkshake, Orange Sherbet, Large	720	110	13	7	0	25	220	137	0	93	8
Milkshake, Orange Sherbet, Small	500	80	9	5	0	20	160	92	0	63	6
Milkshake, Smoky Mountain Fudge, Large	960	460	51	24	0	120	440	117	5	89	22
Milkshake, Smoky Mountain Fudge, Small	660	310	35	16	0	80	300	79	3	60	15
Milkshake, Strawberry, Large	770	330	37	21	0	145	270	98	0	84	17
Milkshake, Strawberry, Small	530	230	25	15	0	100	190	66	0	57	12
Milkshake, Vanilla, Large	870	420	46	29	0	215	420	93	0	93	22
Milkshake, Vanilla, Small	590	280	32	19	0	145	290	63	0	63	15

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Pie, Apple	270	150	17	6	0	0	250	28	2	7	2
Pie, Strawberry Cream Cheese	310	180	20	7	0	10	240	31	1	9	3
SALADS/DRESSINGS											
Comeback Sauce (2 oz)	300	290	32	5	0	15	430	6	0	4	0
Dijon Honey Mustard (1 packet)	120	100	11	1.5	0	10	160	5	0	5	0
Dijon Honey Mustard, Fat Free (1 packet)	50	0	0	0	0	0	370	13	0	11	0
Ranch (1 fl oz.)	110	100	11	1.5	0	10	240	2	0	1	1
Raspberry Vinaigrette, Fat Free (1 packet)	45	0	0	0	0	0	340	11	0	11	0
Thousand Island (1 packet)	220	190	21	3	0	20	350	6	0	6	0
BLT Salad - Crispy	1020	570	64	17	0.5	120	2860	71	7	8	42
BLT Salad - Grilled	590	340	38	12	0	120	1390	21	4	6	41
BLT Salad	370	220	24	9	0	60	810	21	4	6	18
Crispy Chicken (No Dressing)	850	450	50	13	0.5	90	2290	68	9	11	35
Garden (No Dressing)	190	90	10	6	0	30	240	18	6	10	11
Grilled Chicken (No Dressing)	410	210	24	8	0	90	820	18	6	10	34
Side (No Dressing)	90	45	5	3	0	15	115	7	2	4	5
SANDWICHES											
Big Bacon	800	510	57	18	2	140	1230	36	2	6	35
Big Jack	720	420	47	14	2	110	1180	43	3	11	29
Bigger Jack	1000	630	70	24	3	175	1780	44	3	11	45
Cheeseburger	440	210	23	8	1	60	960	38	1	8	19
Chicken Fillet (fried)	520	230	26	4	0	55	1310	49	2	8	25
Double Cheeseburger	680	380	43	16	2	120	1330	38	1	8	32
Grilled Chicken	440	160	17	3	0	90	1180	36	2	6	35
Hamburger	400	170	19	6	1	50	750	38	1	8	17
Little Jack	520	270	31	8	1	60	1010	43	3	11	18
Two Cheeseburgers	880	410	46	17	2	120	1920	76	2	17	38
Grilled Chicken Breast Fillet (ONLY)	220	120	14	2.5	0	65	580	0	0	0	23
SIDES											
Cole Slaw, 16oz	860	670	74	10	0	65	580	54	8	37	4
Cole Slaw, 4oz	210	170	18	2.5	0	15	150	13	2	9	1
French Fries, Large	380	210	23	4.5	0	0	890	39	4	0	4
French Fries, Regular	260	140	16	3	0	0	650	27	3	0	3
Green Beans, 16oz	90	5	1	0	0	0	1290	16	5	3	0
Green Beans, 4oz	25	0	0	0	0	0	320	4	1	1	0
Mashed Potatoes, 16oz	570	120	13	10	0	0	2300	104	5	10	10
Mashed Potatoes, 4oz	140	30	3.5	2.5	0	0	580	26	1	3	3
DRINKS											
Coca-Cola, large	240	0	0	0	0	0	75	66	0	66	0
Coca-Cola, regular	170	0	0	0	0	0	55	47	0	47	0
Coca-Cola, small	150	0	0	0	0	0	50	42	0	42	0
Diet Coke, large	0	0	0	0	0	0	70	0	0	0	0

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Diet Coke, regular	0	0	0	0	0	0	50	0	0	0	0
Diet Coke, small	0	0	0	0	0	0	45	0	0	0	0
Diet Dr. Pepper, large	0	0	0	0	0	0	250	0	0	0	0
Diet Dr. Pepper, regular	0	0	0	0	0	0	180	0	0	0	0
Diet Dr. Pepper, small	0	0	0	0	0	0	160	0	0	0	0
Dr. Pepper, large	250	0	0	0	0		90	69	0	69	0
Dr. Pepper, regular	180	0	0	0	0		65	49	0	49	0
Dr. Pepper, small	160	0	0	0	0		55	44	0	44	0
Hi-C Fruit Punch, large	270	0	0	0	0	0	45	75	0	75	0
Hi-C Fruit Punch, regular	190	0	0	0	0	0	30	54	0	54	0
Hi-C Fruit Punch, small	170	0	0	0	0	0	30	48	0	48	0
Mellow Yellow, large	270	0	0	0	0	0	20	74		74	0
Mellow Yellow, regular	190	0	0	0	0	0	15	53		53	0
Mellow Yellow, small	170	0	0	0	0	0	15	47		47	0
Orange Fanta, large	270	0	0	0	0	0	100	76	0	74	0
Orange Fanta, regular	190	0	0	0	0	0	75	54	0	53	0
Orange Fanta, small	170	0	0	0	0	0	65	49	0	48	0
Sprite, large	240	0	0	0	0	0	110	64	0	64	0
Sprite, regular	170	0	0	0	0	0	80	46	0	46	0
Sprite, small	150	0	0	0	0	0	70	41	0	41	0
Strawberry Fanta, large	310	0	0	0	0	0	75	84	0	84	0
Strawberry Fanta, regular	220	0	0	0	0	0	55	60	0	60	0
Strawberry Fanta, small	200	0	0	0	0	0	50	54	0	54	0
Whole Milk (12oz cup = 10 fl oz)	190	90	10	6	0	30	130	15	0	15	10
Whole Milk (16oz cup = 14 fl oz)	260	120	14	8	0	45	180	20	0	20	13
Whole Milk (8 fl. oz.)	150	70	8	4.5	0	25	105	12	0	12	8
Chocolate Milk, 12oz Size Cup	200	60	7	4	0	20	95	30	1	27	7
Chocolate Milk, 16oz Size Cup	350	100	11	6	0	30	160	56	2	49	11
Minute Maid Light Lemonade, large	40	0	0	0	0	0	40	10	0	5	0
Minute Maid Light Lemonade, regular	25	0	0	0	0	0	25	7	0	4	0
Minute Maid Light Lemonade, small	25	0	0	0	0	0	25	7	0	3	0
Orange Juice (10 fl oz)	140	0	0	0	0	0	20	34	0	30	3
Iced Sweet Tea, 1/2 Gal.	860	0	0	0	0	0	55	223	0	217	0
Iced Sweet Tea, Large	190	0	0	0	0	0	10	49	0	48	0
Iced Sweet Tea, Regular	150	0	0	0	0	0	10	38	0	37	0
Iced Sweet Tea, Small	110	0	0	0	0	0	5	28	0	27	0
Iced Tea, 1/2 Gal.	20	0	0	0	0	0	55	6	0	0	0
Iced Tea, Large	5	0	0	0	0	0	10	1	0	0	0
Iced Tea, Regular	5	0	0	0	0	0	10	1	0	0	0
Iced Tea, Small	0	0	0	0	0	0	5	1	0	0	0
Coffee, Decaf, Large	0	0	0	0	0	0	10	0	0	0	0
Coffee, Decaf, Regular/Senior	0	0	0	0	0	0	5	0	0	0	0

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Coffee, Large	5	0	0	0	0	0	10	0	0	0	0
Coffee, Regular/Senior	5	0	0	0	0	0	5	0	0	0	0