



# NUTRITIONAL FACTS N' FIGURES

This information is applicable as of 5/16/23

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"Sunrise Sampler," "Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy Breakfast," "Smokehouse Breakfast," "Uncle Herschel's Favorite," "Momma's French Toast Breakfast," "Sunday Homestyle Chicken", "Momma's Pancake Breakfast," and "Cracker Barrel," are service marks/trademarks of CBOCS Properties, Inc. ©2023 CBOCS Properties, Inc. The Coca-Cola® trademark is being used with the permission of the Coca-Cola Company.

BREAKFAST												
Cracker Barrel Classics		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Old Timer's Breakfast: two eggs		150	90	10	3	0	385	150	2	0	1	14
with choice of	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
plus choice of One Breakfast Side		See page 4 for nutritional information										
plus Biscuits n' Gravy		560	250	28	10	0	20	1110	63	less than 1	9	14
Grandpa's Country Fried Breakfast®: two eggs		150	90	10	3	0	385	150	2	0	1	14
with choice of	Country Fried Steak with Sawmill Gravy	600	250	28	8	0	65	1410	50	1	2	37
	Sunday Homestyle Chicken® with Sawmill Gravy	610	310	34	8	0	105	1540	38	2	2	38
plus choice of One Breakfast Side		See page 4 for nutritional information										
plus Biscuits n' Gravy		560	250	28	10	0	20	1110	63	less than 1	9	14
The Cracker Barrel's Country Boy Breakfast®: three eggs		210	200	22	4.5	0	475	210	2	less than 1	1	19
with choice of	Sirloin Steak Tips	300	200	22	10	0	65	950	1	less than 1	0	26
	Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Country Ham	540	230	26	10	0	190	3360	12	3	0	66
plus choice of Two Breakfast Sides		See page 4 for nutritional information										
plus Biscuits n' Gravy		560	250	28	10	0	20	1110	63	less than 1	9	14
Build Your Own Homestyle Breakfast : two eggs		150	90	10	3	0	385	150	2	0	1	14
with choice of One Breakfast Side		See page 4 for nutritional information										
plus Biscuits n' Gravy		560	250	28	10	0	20	1110	63	less than 1	9	14
choice of Meats	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
	Meat Sampling with Sugar Cured Ham	280	170	19	7	0	70	1290	3	less than 1	1	23
	Meat Sampling with Country Ham	320	200	22	8	0	90	1190	4	less than 1	0	28
	Fried Sunday Homestyle Chicken®	530	260	29	6	0	100	1370	32	2	0	36
Premium Meats	Grilled Chicken Tenders	140	30	3.5	0.5	0	70	310	2	less than 1	2	24
	Hamburger Steak seasoned with garlic butter	440	280	31	11	1.5	125	200	1	less than 1	0	36
	Sirloin Steak Tips	300	200	22	10	0	65	950	1	less than 1	0	26
	Sirloin Steak	350	150	17	5	0.5	150	210	1	less than 1	0	49
	Country Fried Steak with Sawmill Gravy	600	250	28	8	0	65	1410	50	1	2	37
	Spicy Chicken Sausage	220	130	15	3.5	0	105	760	2	0	0	21
	Impossible™ Sausage Made from Plants	210	130	14	5	0	0	630	9	1	1	12
	Sugar Cured Ham	220	130	15	3.5	0	55	960	1	0	1	18
	Country Ham	270	120	13	5	0	95	1680	6	1	0	33
	U.S. Farm-Raised Catfish Fillet: grilled	130	50	5	1.5	0	50	330	less than 1	less than 1	0	19
	U.S. Farm-Raised Catfish Fillet: fried	400	290	32	7	0	60	580	9	1	3	18
Fried Haddock: 1 fillet (participating stores only)	570	280	31	4.5	0	120	800	30	3	4	40	

Hot off the Griddle		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Grandma's Sampler Pancake Breakfast:</b> two pancakes and two eggs		670	290	33	13	0	430	1990	76	1	7	20
with choice of	Meat Sampling with Sugar Cured Ham	280	170	19	7	0	70	1290	3	less than 1	1	23
	Meat Sampling with Country Ham	320	200	22	8	0	90	1190	4	less than 1	0	28
plus choice of	One Breakfast Side	See page 4 for nutritional information										
<b>Grandma's Sampler French Toast Breakfast:</b> french toast and two eggs		820	500	57	19	0	590	720	55	3	19	26
with choice of	Meat Sampling with Sugar Cured Ham	280	170	19	7	0	70	1290	3	less than 1	1	23
	Meat Sampling with Country Ham	320	200	22	8	0	90	1190	4	less than 1	0	28
plus choice of	One Breakfast Side	See page 4 for nutritional information										
<b>Momma's Pancake Breakfast:</b> three pancakes with butter and and two eggs		880	340	38	14	0	435	2870	113	less than 1	10	23
with choice of	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
<b>Momma's French Toast Breakfast:</b> french toast with butter and two eggs		1130	580	65	21	0	755	980	107	5	35	38
with choice of	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
<b>Stuffed Cheesecake Pancake Breakfast:</b> two eggs, two pancakes, cream cheese filling, seasonal fruit, powdered sugar, and strawberry syrup		1250	490	54	26	1.5	570	2240	152	2	73	27
plus choice of	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
<b>Upgrades: For Momma's and Grandma's</b>		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Wild Maine Blueberry Pancakes:</b> one each		220	50	5	1	0	5	880	39	1	4	3
<b>Pecan Pancakes:</b> one each		340	170	19	2	0	5	880	40	2	4	5
<b>Country Peach n' Real Whipped Topping</b>		280	80	9	3	0	15	65	53	1	43	0
<b>Cinnamon Spiced Apple n' Real Whipped Topping</b>		390	100	11	7	0	30	105	72	6	58	1
<b>Fresh Strawberries</b>		25	2	0	0	0	0	0	7	2	4	1
<b>Chocolate Whipped Cream</b>		50	30	3.5	2	0	20	0	7	0	4	0
<b>Syrups</b>		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
100% Pure Natural Syrup		150	0	0	0	0	0	0	39	0	37	0
Strawberry Syrup		180	0	0	0	0	0	15	44	0	40	0
Wild Maine Blueberry Syrup		200	0	0	0	0	0	0	50	0	39	0
Sugar Free Syrup		10	0	0	0	0	0	70	4	0	0	0

Hearty Country Mornings		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Breakfast Benny:</b> buttermilk biscuit cut in half topped with choice of breakfast meat, over-easy egg, Hollandaise Sauce, and tomato green onion blend												
with choice of	Thick-sliced Bacon	700	460	51	23	0	485	1220	27	less than 1	2	32
	Smoked Sausage	720	480	54	24	0	500	1150	28	1	3	31
	Impossible™ Sausage Made From Plants	700	440	48	22	0	440	1390	35	2	3	30
	Sugar Ham	570	340	38	18	0	470	1700	29	1	3	30
	Country Ham	620	370	41	19	0	490	1600	30	2	2	34
plus choice of Two Breakfast Sides		See page 4 for nutritional information										
<b>Hashbrown Casserole Breakfasts:</b>												
<b>Bacon n' Egg Hashbrown Casserole:</b> Hashbrown Casserole, Scrambled Eggs, Bacon, Cheese, Fried Onions, Green Onions, and Diced Tomatoes		980	550	61	25	0	490	1820	59	6	3	49
<b>Steak n' Egg Hashbrown Casserole:</b> Hashbrown Casserole, Scrambled Eggs, Sirloin Steak Tips, Cheese, Fried Onions, Green Onions, and Diced Tomatoes		1080	600	67	29	0	510	2340	60	6	3	62
plus Biscuits: each		160	50	6	2	0	0	310	23	less than 1	1	3
<b>Sunday Homestyle Chicken® n' French Toast:</b> Sunday Homestyle Chicken®, French Toast, Powdered Sugar, and Whipped Butter		1500	860	96	33	0	430	2190	111	6	26	54
<b>Sunrise Specials</b>		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Egg Sandwich:</b> two eggs, sourdough bread, tomato, Duke's Mayonnaise		470	220	26	5	0	395	400	44	3	7	20
Available with choice of meat	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
	Sugar Cured Ham	90	30	3.5	1	0	30	940	2	0	less than 1	12
	Country Ham Sampler	140	60	6	2.5	0	50	840	3	less than 1	0	16
plus choice of One Breakfast Side		See page 4 for nutritional information										
<b>Biscuits n' Gravy with Bacon or Sausage:</b> three biscuits and sawmill gravy		710	300	34	12	0	20	1420	86	2	10	17
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
<b>Biscuit Breakfast:</b>												
your choice of two	Thick-sliced Bacon Biscuit	300	160	17	6	0	30	620	23	0	1	13
	Smoked Sausage Biscuit	280	140	16	6	0	30	510	24	less than 1	1	10
	Sugar Cured Ham Biscuit	250	90	10	3	0	30	1250	25	0	2	15
	Country Ham Biscuit	290	110	12	4.5	0	50	1150	26	less than 1	1	20
	Impossible™ Sausage Made From Plants Biscuit	260	120	13	4.5	0	0	630	27	less than 1	1	9
Available with	American Cheese: two slices	140	100	12	7	0	40	590	1	0	1	7
plus choice of One Breakfast Side		See page 4 for nutritional information										

Barrel Bites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Country Fried Pickles		880	510	56	9	0	0	3440	84	5	1	9
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
White Cheddar Cheese Bites		570	350	39	21	1	90	1040	28	less than 1	4	27
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
Biscuit Beignets		490	240	26	9	0	0	920	56	1	12	7
	plus Butter Pecan Sauce	210	60	7	4.5	0	20	70	37	less than 1	36	0
Loaded Hashbrown Casserole Tots		610	360	40	15	0	60	1640	42	less than 1	2	19
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
Breakfast Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Hashbrown Casserole		190	70	8	3	0	10	350	24	2	0	5
Fried Apples		170	20	2	0.5	0	0	45	37	6	26	less than 1
Tomato Slices		5	0	0	0	0	0	0	1	less than 1	1	0
Coarse Ground Grits		150	51.71	6	1	0	0	370	22	less than 1	less than 1	less than 1
Premium Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Two Buttermilk Pancakes: with one scoop whipped butter		530	210	23	10	0	45	1840	74	0	6	6
Hashbrown Casserole Tots		280	150	17	4.5	0	10	800	28	less than 1	1	5
Loaded Hashbrown Casserole		350	190	21	10	0	50	730	25	2	less than 1	15
Fresh Seasonal Fruit		70	2	0	0	0	0	0	18	3	13	1
Meats		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Thick-Sliced Bacon: three slices		210	150	17	6	0	40	460	0	0	0	14
Smoked Sausage Patties: two patties		240	180	19	8	0	60	390	2	0	0	13
Spicy Chicken Sausage: two links		220	130	15	3.5	0	105	760	2	0	0	21
Impossible™ Sausage: two patties		210	130	14	5	0	0	630	9	1	1	12
Sugar Cured Ham		220	130	15	3.5	0	55	960	1	0	1	18
Country Ham		270	120	13	5	0	95	1680	6	1	0	33
Miscellaneous		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Egg Whites: 2 each		60	0	0	0	0	0	230	2	0	2	11
Colby Cheese Shreds (for eggs): 1 oz.		110	80	9	6	0	25	170	1	0	0	7
Sawmill Gravy: 6 oz.		240	140	16	6	0	15	490	18	1	7	7
Sawmill Gravy: 10 oz.		400	230	26	10	0	30	810	30	1	11	12
Biscuit: each		160	50	6	2	0	0	310	23	less than 1	1	3
Multigrain Toast: one slice		100	15	2	0	0	0	180	19	1	2	3
Real Butter: each		35	35	4	3	0	10	30	0	0	0	0
Best Preserves n' Jam: each		40	0	0	0	0	0	0	12	0	11	0
Country Apple Butter: 2 oz.		100	0	0	0	0	0	10	24	1	20	0

LUNCH - DINNER												
Downhome Daily Deals		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Downhome Daily Dinners come with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Monday</b>	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
<b>Tuesday</b>	Meatloaf	520	310	35	14	0	140	930	17	3	5	35
<b>Wednesday</b>	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
<b>Thursday</b>	Turkey n' Dressing											
	Turkey n' Gravy	270	80	9	2.5	0	90	1220	10	1	1	37
	Cranberry Sauce: (1 oz.)	45	0	0	0	0	0	0	11	0	9	0
	Cornbread Dressing	310	160	18	3.5	0	25	960	33	5	4	5
	Sweet Potato Casserole	190	35	4	1	0	0	85	36	2	28	2
<b>Friday</b>												
<b>Fish Fry: four cod fillets</b>		590	210	24	4.5	0	150	1610	57	2	0	37
	plus Tartar Sauce											
See page 10 for nutritional information												
<b>Country Coastal Sampler:</b>												
	cod fillets: 2 pieces	290	110	12	2	0	75	810	28	1	0	18
	Fried Shrimp	280	120	14	3.5	0	75	1020	25	7	0	13
	plus Hushpuppy, Cocktail Sauce, and Tartar Sauce											
See page 10 for nutritional information												
<b>Saturday</b>	Southern Fried Pork Chops	1040	650	72	17	0	140	2400	43	3	2	53
<b>Sunday</b>	Sunday Homestyle Chicken®	1060	520	58	12	0	200	2740	64	4	2	71
Cracker Barrel Favorites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Cracker Barrel Favorites come with your choice of two or three sides (see page 7 for nutritional information) and your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Country Fried Steak: with sawmill gravy</b>		600	250	28	8	0	65	1410	50	1	2	37
<b>Meatloaf</b>		520	310	35	14	0	140	930	17	3	5	35
<b>Roast Beef</b>		480	260	29	12	1	130	780	10	0	0	45
<b>Chicken n' Dumplins</b>		450	80	9	2.5	0	100	1680	52	6	1	40
<b>Chicken Fried Chicken: Sunday Homestyle Chicken Breasts with sawmill gravy</b>		1140	570	60	14	0.4	205	2910	70	5	4	74
<b>Chicken Tenders: 6 tenders</b>												
	your choice of Grilled Chicken Tenders	270	60	7	1.5	0	140	620	5	less than 1	4	48
	Hand-breaded Fried Chicken Tenders	600	270	30	6	0	170	2140	26	4	0	57
	plus Dill Pickle Ranch	250	250	27	4	0	20	250	2	0	2	2
<b>Ham</b>												
	your choice of Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Hickory-Smoked Country Ham	540	230	26	10	0	190	3360	12	2	0	66
<b>Cracker Barrel Sampler: Chicken n' Dumplins and Meatloaf</b>		860	370	41	16	0	205	2230	58	7	6	63
	your choice of Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Hickory-Smoked Country Ham	540	230	26	10	0	190	3360	12	2	0	66
	plus choice of three Country Sides											
See page 7 for nutritional information												
Add these items below with any Cracker Barrel Favorite or Sirloin Steak												
<b>Country Fried Shrimp: half portion</b>		320	130	14	3.5	0	75	1320	34	7	7	14
<b>Hand-breaded Chicken Tenders: half portion</b>		300	130	15	3	0	85	1070	13	2	0	29
<b>Grilled Chicken Tenders: half portion</b>		140	30	3.5	0.5	0	70	310	2	less than 1	2	24

Cracker Barrel Samplers		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Comes with your choice of two Country Sides (see page 7) and Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Cracker Barrel Classics Sampler (two or three entrees)</b>												
choice of	Meatloaf	520	310	35	14	0	140	930	17	3	5	35
	Sunday Homestyle Chicken®	1060	520	58	12	0	200	2740	64	4	2	71
	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
<b>Skillet Sirloin Steak Sampler</b>												
comes with	Grilled Sirloin Steak	350	150	17	5	0.5	150	210	1	less than 1	0	49
	Fried Shrimp: one hushpuppy and cocktail sauce	370	150	16	4	0	80	1440	41	8	8	15
plus choice of	Hand-breaded Chicken Tenders: half portion	300	130	15	3	0	85	1070	13	2	0	29
	Grilled Chicken Tenders: half portion	140	30	3.5	0.5	0	70	310	2	less than 1	2	24
<b>Tips, Tenders, and Shrimp Sampler</b>												
comes with	Steak Sirloin Tips (5 oz.)	300	200	22	10	0	65	950	1	0	0	26
	Country Fried Shrimp: with hushpuppy and cocktail sauce	370	150	16	4	0	80	1440	40	8	7	15
plus choice of	Fried Hand-Breaded Chicken Tenders: half portion	300	130	15	3	0	85	1070	13	2	0	29
	Grilled Chicken Tenders: half portion	140	30	3.5	1	0	75	320	2	0	2	25
<b>Signature Fried Chicken</b>		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Comes with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Southern Fried Chicken</b>		1640	900	100	23	0	475	4730	78	9	0	108
plus choice of	two Country Sides	See page 7 for nutritional information										
<b>Sunday Homestyle Chicken®</b>		1060	520	58	12	0	200	2740	64	4	2	71
plus choice of	two Country Sides	See page 7 for nutritional information										
<b>Buttermilk Buffalo Ranch Mac n' Cheese</b>		930	480	54	16	0	140	3810	63	6	8	49
<b>Home Cooked Classics</b>												
All Home Cooked Classics come with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Maple Bacon Grilled Chicken</b>		850	390	43	19	0	265	1810	35	1	27	82
<b>Hamburger Steak: seasoned with garlic butter</b>		440	280	31	11	1.5	125	200	1	less than 1	0	36
Available with	Smothered with Sautéed Onions and Gravy	50	10	1.5	0	0	0	220	8	2	3	2
<b>Chicken Pot Pie</b>		960	500	55	29	0	105	2740	82	7	4	35
<b>U.S. Farm Raised Catfish Fillet: 1 fillet</b>												
your choice of	Spicy Grilled	130	50	5	1.5	0	50	330	less than 1	less than 1	0	19
	Fried	400	290	32	7	0	60	580	9	1	3	18
plus choice of	two Country Sides	See page 7 for nutritional information										
<b>Country Vegetable Plate</b>		Choose four Country Sides See page 7 for nutritional information										



Southern Suppers		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Southern Suppers come with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Grilled Sirloin Steak</b>		350	150	17	5	0.5	150	210	1	less than 1	0	49
	Available with Smothered with Sautéed Onions and Gravy	50	10	1.5	0	0	0	220	8	2	3	2
	plus choice of three Country Sides	See page 7 for nutritional information										
<b>Lemon Pepper Grilled Rainbow Trout: 2 fillets</b>		330	130	14	3.5	0	140	610	6	less than 1	0	43
	plus choice of two Country Sides	See page 7 for nutritional information										
<b>Country Fried Shrimp: with hushpuppies and cocktail sauce</b>		900	330	36	8	0	90	2040	121	16	15	22
	plus choice of two Country Sides	See page 7 for nutritional information										
<b>Fried Haddock: 1 fillet (participating stores only)</b>		570	280	31	4.5	0	120	800	30	3	4	40
	plus choice of two Country Sides	See page 7 for nutritional information										
Vegetables n' Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Country Sides</i>												
<b>Applesauce (Kid's Menu)</b>		50	5	0	0	0	0	0	13	1	7	0
<b>Breaded Fried Okra</b>		250	80	9	2	0	10	520	38	2	2	3
<b>Cheesy Coarse Ground Grits</b>		190	110	13	4.5	0	15	390	14	less than 1	3	5
<b>Cole Slaw</b>		250	190	21	3	0	20	170	14	0	13	0
<b>Cornbread Dressing (served with Turkey n' Dressing)</b>		310	160	18	3.5	0	25	960	33	5	4	5
<b>Country Green Beans</b>		60	25	3	1	0	10	310	7	3	1	1
<b>Dumplings</b>		210	50	6	2	0	0	940	36	3	less than 1	5
<b>Steamed Broccoli</b>		40	0	0	0	0	0	10	6	4	less than 1	4
	Available with Cheese Sauce	90	60	7	4	0	10	230	2	0	1	3
<b>Fried Apples</b>		170	20	2	0.5	0	0	45	37	6	26	less than 1
<b>Hashbrown Casserole</b>		190	70	8	3	0	10	350	24	2	0	5
<b>Macaroni n' Cheese</b>		270	140	16	6	0	25	700	23	2	3	10
<b>Mashed Potatoes</b>		200	80	9	2	0	5	170	25	3	less than 1	3
	plus choice of Turkey Gravy	10	0	0.5	0	0	less than 5	170	2	0	0	less than 1
	Brown Gravy	20	10	1	0	0	0	140	2	0	0	less than 1
	Sawmill Gravy	40	25	2.5	1	0	less than 5	80	3	0	1	1
<b>Pinto Beans</b>		140	20	2	1	0	15	260	21	7	0	10
<b>Steak Fries</b>		340	120	13	2.5	0	10	70	51	5	1	5
<b>Sweet Potato Casserole (served with Turkey n' Dressing)</b>		190	35	4	1	0	0	85	36	2	28	2
<b>Sweet Whole Baby Carrots</b>		90	10	1	0	0	15	140	18	3	10	1
<b>Turnip Greens</b>		100	30	4	1	0	15	380	6	4	0	10
<b>Whole Kernel Corn</b>		180	70	8	1	0	15	85	26	3	less than 1	3
<i>Premium Sides</i>												
<b>Loaded Mashed Potatoes</b>		320	180	20	7	0	35	510	25	3	1	11
<b>Loaded Baked Sweet Potato</b>		530	220	25	12	0	50	230	75	7	40	6
<b>Loaded Baked Potato</b>		520	350	39	22	0	105	2470	28	2	2	15
<b>Hashbrown Casserole Tots</b>		280	150	17	4.5	0	10	800	28	less than 1	1	5
<b>Bacon Macaroni n' Cheese</b>		380	210	24	9	0	35	940	28	2	4	13
<b>Loaded Hashbrown Casserole</b>		350	190	21	10	0	50	730	25	2	1	15
<b>Two Buttermilk Pancakes: with one scoop whipped butter</b>		530	210	23	10	0	45	1840	74	0	6	6
<b>Fresh Seasonal Fruit</b>		70	2	0	0	0	0	0	18	3	13	1
<b>Bowl of Pinto Beans</b>		470	60	6	2	0	40	850	73	21	7	32
<b>Bowl of Turnip Greens</b>		250	90	10	4	0	125	780	16	8	2	24
<b>Beans n' Greens</b>		410	80	9	3	0	90	990	51	16	7	32

Barrel Bites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Country Fried Pickles</b>		880	510	56	9	0	0	3440	84	5	1	9
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
<b>White Cheddar Cheese Bites</b>		570	350	39	21	1	90	1040	28	less than 1	4	27
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
<b>Biscuit Beignets</b>		490	240	26	9	0	0	920	56	1	12	7
	plus Butter Pecan Sauce	210	60	7	4.5	0	20	70	37	less than 1	36	0
<b>Loaded Hashbrown Casserole Tots</b>		610	360	40	15	0	60	1640	42	less than 1	2	19
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
<b>Loaded Fries</b>		670	360	40	17	0.5	70	920	57	5	4	22
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
Weekday Lunch Features		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Our Monday through Thursday Lunch Features come with your choice of one Country Sides (see page 7 for nutritional information) and Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Monday</b>	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
<b>Tuesday</b>	Meatloaf	460	240	27	9	0	75	640	33	4	3	21
<b>Wednesday</b>	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
<b>Thursday</b>	Turkey n' Dressing											
	Turkey n' Gravy	270	80	9	2.5	0	90	1220	10	1	1	37
	Cranberry Sauce: (1 oz.)	45	0	0	0	0	0	0	11	0	9	0
	Cornbread Dressing	310	160	18	3.5	0	25	960	33	5	4	5
	Sweet Potato Casserole	190	35	4	1	0	0	85	36	2	28	2
<b>Monday-Friday: Pick 2 Combo</b>												
	choice 1: House Salad	260	130	15	6	0	35	600	18	3	6	12
	Salad Dressing 2 oz.	See page 9 for nutritional information										
	choice 2: Loaded Baked Potato	520	350	39	22	0	105	2470	28	2	2	15
	choice 3: Loaded Baked Sweet Potato	530	220	25	12	0	50	230	75	7	40	6
	choice 4: Cup of Soup	See page 9 for nutritional information										
Country Salads		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Country Salads come with two complimentary packs of Crackers: (see page 10 for nutritional information)												
<b>Homestyle Fried Chicken Salad</b>		850	430	47	14	0	320	1870	52	5	8	53
<b>Homestyle Grilled Chicken Salad</b>		470	190	21	9	0	305	920	22	4	8	46
	plus choice of Salad Dressing: 2.5 oz.	See page 9 for nutritional information										
<b>House Salad</b>		260	130	15	6	0	35	600	18	3	6	12
	plus choice of Salad Dressing: 2 oz.	See page 9 for nutritional information										
Sandwich n' Burger Platters		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Sandwiches and Burger Platters come with your choice of a Cup of Soup (see page 9 for nutritional information) or any Country Side (see page 7 for nutritional information)												
<b>Homestyle Chicken BLT</b>												
	your choice of Sunday Homestyle Chicken® Breast	1180	540	60	13	0	140	2560	106	4	29	55
	Smoky Southern Grilled Chicken Breast	800	300	33	8	0	130	1610	77	3	29	48
<b>The Barrel Cheeseburger</b>		990	530	60	22	1.5	175	1070	56	2	11	56
	Available with Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9

Hot Soups		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All soups come with two complimentary packs of Crackers: (see page 10 for nutritional information)												
Beef n' Noodle	cup	120	40	4.5	2	0	40	510	11	1	less than 1	10
	bowl	240	80	9	3.5	0	80	1020	22	3	1	19
Chicken Noodle	cup	100	40	4	1	0	30	720	10	less than 1	less than 1	7
	bowl	210	80	8	2	0	65	1440	21	2	2	13
Chili	cup	190	60	6	3	0	40	560	21	6	2	13
	bowl	390	120	13	6	0	85	1130	43	12	4	26
Potato	cup	110	20	2	0.5	0	0	580	19	2	4	3
	bowl	210	35	4	1	0	less than 5	1120	36	4	7	7
Turkey Noodle	cup	120	10	1.5	0	0	55	640	12	1	4	16
	bowl	250	20	2.5	0.5	0	115	1290	24	3	8	32
Vegetable	cup	80	10	1	0	0	0	360	16	3	4	3
	bowl	170	20	2	0	0	0	720	33	5	7	6
Salad Dressing: 2.5 oz. (served with our Entrée Salads)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		170	120	13	2	0	0	470	13	0	12	0
Blue Cheese Dressing		310	290	32	7	0.5	45	780	3	0	2	3
Buttermilk Ranch		240	220	25	4	0	20	530	3	0	2	1
Dijon Honey Mustard		280	240	26	4	0	20	500	10	0	9	less than 1
Dill Pickle Ranch		320	310	34	5	0	25	320	2	0	2	2
Salad Dressing: 2 oz. (served with House Salad)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		140	100	11	1.5	0	0	380	11	0	10	0
Blue Cheese Dressing		250	230	26	5	0	35	620	2	0	2	2
Buttermilk Ranch		190	180	20	3	0	15	420	2	0	2	less than 1
Dijon Honey Mustard		220	190	21	3	0	15	400	8	0	7	less than 1
Dill Pickle Ranch		250	250	27	4	0	20	250	2	0	2	2

Miscellaneous		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Bread or Toast</b>												
Biscuit: each		160	50	6	2	0	0	310	23	less than 1	1	3
Cornbread: each		210	100	11	3	0	30	510	24	4	2	5
Multigrain: one slice		100	15	2	0	0	0	180	19	1	2	3
Sourdough: one slice		110	20	2	0	0	0	85	21	1	3	3
White: one slice		70	10	1	0	0	0	140	14	0	1	2
Crackers: 2 packs		70	20	2	0	0	0	60	12	0	0	0
<b>Toppings</b>												
Real Butter: each		35	35	4	3	0	10	30	0	0	0	0
Best Preserves n' Jam: each		40	0	0	0	0	0	0	12	0	11	0
Bacon Pieces: 0.5 oz.		70	50	6	2	0	15	250	0	0	0	5
Colby Cheese Shreds: 1 oz.		110	80	9	6	0	25	170	less than 1	0	0	7
Sour Cream: 1 oz.		60	45	5	4	0	20	15	1	0	1	1
<b>Other</b>												
Hushpuppies: each		50	20	2.5	0	0	0	115	7	0	less than 1	less than 1
<b>Sauces</b>												
BBQ: 2 oz.		80	10	1	0	0	0	350	18	0	16	0
Cocktail Sauce: 1 oz.		35	0	0	0	0	0	340	8	less than 1	6	0
Cranberry Sauce: 1 oz.		45	0	0	0	0	0	0	11	0	9	0
Dill Pickle Ranch: 2 oz.		250	250	27	4	0	20	250	2	0	2	2
Honey Mustard: 2 oz.		220	190	21	3	0	15	400	8	0	7	less than 1
Ranch: 2 oz.		190	180	20	3	0	15	420	2	0	2	less than 1
Tartar Sauce: 1 oz.		140	130	14	2	0	5	100	2	0	2	0
<b>Kid's Breakfast Menu</b>												
<b>Mini Confetti Pancakes</b>		350	80	8	2	0	10	1360	64	less than 1	9	5
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	plus your choice of Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	plus your choice of Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	plus your choice of Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
<b>Mini Pancakes</b>		320	70	8	1.5	0	10	1320	58	less than 1	7	5
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	plus your choice of Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	plus your choice of Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	plus your choice of Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
<b>Egg n' Biscuit</b>												
	One Buttermilk Biscuit	160	50	6	2	0	0	310	23	less than 1	1	3
	One Scrambled egg	70	70	7	1.5	0	160	70	1	0	0	6
	plus Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
<b>Biscuit Breakfast Sandwich</b>												
	choice of Bacon n' Biscuit	230	100	12	4	0	15	460	23	less than 1	1	8
	choice of Smoked Sausage n' Biscuit	280	140	16	6	0	30	510	24	0	1	10
	plus One Scrambled egg	70	70	7	1.5	0	160	70	1	0	0	6
	plus Hashbrown Casserole	240	140	16	2.5	0	0	320	22	1	0	2
<b>Cereal: Fruity Cereal</b>		190	70	8	3	0	10	350	24	2	0	5
	plus choice of milk	See (page 11) for nutritional information										
<b>Kid's Milk Straw</b>		20	0	0	0	0	0	0	4	0	4	0

Kid's Lunch n' Dinner Menu		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Lil' Barrel Cheeseburgers:</b> two mini cheeseburgers		580	290	33	15	0	95	730	37	2	5	34
	plus Steak Fries	340	120	13	2.5	0	10	70	51	5	1	5
<b>Grilled Cheese Sandwich</b>		480	250	28	10	0	45	930	43	2	7	14
	plus Steak Fries	340	120	13	2.5	0	10	70	51	5	1	5
Items below are served with choice of a Buttermilk Biscuit or Corn Muffin (see page 9 for nutritional information)												
<b>Grilled Chicken Tenderloins:</b> three tenders		140	30	3.5	0.5	0	70	310	2	less than 1	2	24
<b>Fried Chicken Tenderloins:</b> three tenders		300	130	15	3	0	85	1070	13	2	0	29
	plus choice of Dill Pickle Ranch	250	250	27	4	0	20	250	2	0	2	2
	Cider BBQ Sauce	80	10	1	0	0	0	350	18	0	16	0
	Honey Mustard Sauce	220	190	21	3	0	15	400	8	0	7	less than 1
<b>Mmmm Mac n' Cheese</b>		540	280	31	12	0	50	1410	45	3	6	19
<b>Veggie Plate</b>		choice of two Country Sides See (page 7) for nutritional information										
<b>Crispy Rockin' Shrimp:</b> fried shrimp, hushpuppy, cocktail sauce, and steak fries		710	260	29	6	0	85	1510	91	13	8	20
Kid's Beverages		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Juices</b>												
100% Premium Orange		110	0	0	0	0	0	0	26	0	22	2
Apple		100	0	0	0	0	0	10	26	0	22	0
<b>Milks</b>												
Skim		90	0	0	0	0	less than 5	130	13	0	12	8
Reduced Fat		130	45	5	3	0	20	130	12	0	12	8
Whole		150	70	8	5	0	35	120	12	0	11	8
Chocolate		230	80	9	5	0	35	190	30	0	28	9
<b>Iced Tea</b>												
Unsweet		0	0	0	0	0	0	0	1	0	0	0
Sweet		100	0	0	0	0	0	0	26	0	25	0
Peach Tea		210	0	0	0	0	0	30	51	0	51	0
Southern Half n' Half		100	0	0	0	0	0	5	24	0	15	1
<b>Soft Drinks</b>												
Diet Coke		0	0	0	0	0	0	50	0	0	0	0
Coca-Cola® Classic		140	0	0	0	0	0	45	39	0	39	0
Coca-Cola® Zero Sugar		0	0	0	0	0	0	55	0	0	0	0
Coca-Cola® Cherry		210	0	0	0	0	0	50	58	0	58	0
Mello Yello		170	0	0	0	0	0	45	47	0	47	0
Sprite		170	0	0	0	0	0	40	43	0	43	0
Seagram's Ginger Ale		120	0	0	0	0	0	25	32	0	32	0

Beverages		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Coffee		0	0	0	0	0	0	10	0	0	0	0
<b>Crafted Coffee</b>												
Plain Latte	Iced	90	30	3.5	2	0	15	90	8	0	8	6
	Hot	140	50	5	3	0	20	140	13	0	13	9
Vanilla Latte	Iced	240	60	6	4	0	25	75	40	0	37	5
	Hot	280	70	8	5	0	30	115	43	0	41	7
Caramel Latte	Iced	260	60	6	4	0	25	80	44	0	39	5
	Hot	300	70	8	5	0	30	120	47	0	43	7
Mocha	Iced	250	60	7	4	0	25	90	40	0	37	5
	Hot	290	80	9	5	0	30	135	45	0	42	8
<b>Juices</b>												
Apple		210	0	0	0	0	0	20	51	less than 1	44	0
100% Premium Orange		220	0	0	0	0	0	0	52	0	44	4
<b>Milks</b>												
Skim		180	0	0	0	0	10	260	26	0	24	16
Reduced Fat		260	90	10	6	0	40	260	24	0	24	16
Whole		300	140	16	10	0	70	240	24	0	22	16
Chocolate		460	150	17	11	1	70	370	61	0	57	17
Hot Tea		0	0	0	0	0	0	0	0	0	0	0
<b>Iced Tea</b>												
Unsweet		0	0	0	0	0	0	0	less than 1	0	0	0
Sweet		130	0	0	0	0	0	0	34	0	34	0
Peach		240	0	0	0	0	0	35	59	0	59	0
Southern Half n' Half		200	0	0	0	0	0	10	48	0	31	1
<b>Soft Drinks</b>												
Diet Coke		0	0	0	0	0	0	65	0	0	0	0
Coca-Cola® Classic		190	0	0	0	0	0	60	52	0	52	0
Coca-Cola® Zero Sugar		0	0	0	0	0	0	75	0	0	0	0
Coca-Cola® Cherry		280	0	0	0	0	0	65	77	0	77	0
Mello Yello		230	0	0	0	0	0	60	63	0	63	0
Sprite		220	0	0	0	0	0	55	58	0	58	0
Seagram's Ginger Ale		170	0	0	0	0	0	35	43	0	43	0
<b>Other Beverages</b>												
Lemonade		230	0	0	0	0	0	20	55	0	25	2
Stewart's Root Beer		210	0	0	0	0	0	70	55	0	55	0
Hot Chocolate: with chocolate whipped cream		390	100	11	5	0	40	170	65	0	55	9

<b>Beer n' Wine (at participating stores)</b>	<b>Cal.</b>	<b>Cal. from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Ice-Cold Beer (12 fl. oz.)</b>											
Bud Light	100	0	0	0	0	0	10	5	0	0	1
Miller Lite	100	0	0	0	0	0	5	3	0	0	1
Corona Extra	150	0	0	0	0	0	0	15	0	0	1
Michelob Ultra	100	0	0	0	0	0	0	3	0	0	1
Budweiser	150	0	0	0	0	0	10	11	0	0	1
Blue Moon	170	0	0	0	0	0	0	14	0	0	1
<b>Wine</b>											
Gambino Sparkling Wine: 187 mL bottle	120	0	0	0	0	0	0	2	0	0	1
Roscato Moscato: 250 mL can	200	0	0	0	0	0	0	0	0	0	0
Sutter Home Chardonnay: 187 mL bottle	150	0	0	0	0	0	10	5	0	2	0
Roscato Sweet Red: 250 mL can	200	0	0	0	0	0	0	0	0	0	0
<b>Mimosas n' More (at participating stores)</b>	<b>Cal.</b>	<b>Cal. from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Orange Mimosa	150	0	0	0	0	0	0	8	0	5	1
Strawberry Mimosa	260	0	0	0	0	0	0	38	0	34	1
Peach Mimosa	240	0	0	0	0	0	25	30	0	28	1
Bloody Mary	130	0	0	0	0	0	790	13	0	6	3
<b>Desserts</b>	<b>Cal.</b>	<b>Cal. from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Double Fudge Coca-Cola® Cake:</b> with one scoop ice cream	680	240	27	10	0	40	270	103	3	84	6
plus Ice Cream: one scoop	120	60	7	4	0	25	35	12	0	12	2
<b>Biscuit Beignets</b>	490	240	26	9	0	0	920	56	1	12	7
plus Butter Pecan Sauce	210	60	7	4.5	0	20	70	37	less than 1	36	0
<b>Peach Cobbler:</b> with one scoop ice cream	370	120	13	4.5	0	10	220	60	2	37	3
plus Ice Cream: one scoop	120	60	7	4.5	0	25	35	12	0	12	2

### Family Meal Baskets To-Go

Family Meal Baskets To-Go (Serves 5)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
All Family Meals come with choice of two Sides (see page 7 for nutritional information). All-Day Pancake Breakfast excluded.													
<b>All-Day Pancake Breakfast:</b>													
comes with	10 Pancakes (each)	210	50	6	1	0	5	670	36	2	3	4	
	Scrambled Eggs (total)	730	430	48	16	0.5	1925	740	9	2	3	68	
plus choice of meat	Thick-sliced Bacon: 15 slices (each)	70	50	6	2	0	15	150	0	0	0	5	
	Smoked Sausage Patties: 10 each (each)	120	90	10	4	0	30	200	less than 1	0	0	7	
	Turkey Sausage: 10 each	50	25	3	1	0	30	230	less than 1	0	0	7	
	Sugar Cured Ham: 5 each	220	130	15	3.5	0	55	960	1	0	1	18	
	Country Ham: 5 each	270	120	13	5	0	95	1680	6	1	0	33	
plus choice of	Hashbrown Casserole (total)	1540	590	66	26	0	90	2810	195	20	4	42	
	Fried Apples (total)	1030	120	13	4.5	0	less than 5	260	222	33	156	3	
<b>Chicken n' Dumplins</b>		total	1590	290	32	11	0	445	5250	173	14	2	162
		per serving	320	60	6	2	0	90	1050	35	3	0	32
<b>Grilled Chicken Tenders: 20 each</b>		each	40	10	1	0	0	15	140	1	0	1	6
plus choice of	BBQ sauce: 6 oz.	250	30	3	1	0	0	1045	53	1	50	1	
	Honey Mustard: 6 oz.	670	565	63	9	1	50	1193	25	1	22	2	
<b>Fried Chicken Tenders: 20 each</b>		each	100	45	5	1	0	30	360	4	less than 1	0	10
plus choice of	BBQ sauce: 6 oz.	250	30	3	1	0	0	1045	53	1	50	1	
	Honey Mustard: 6 oz.	670	565	63	9	1	50	1193	25	1	22	2	
<b>Meatloaf: 8 family-size slices</b>		each	260	160	17	7	0	70	470	8	1	2	18
		total	4930	2700	300	70	0	1430	14200	234	26	0	325
		per serving	990	540	60	14	0	285	2840	47	5	0	65
<b>Southern Fried Chicken</b>		each	530	260	29	6	0	100	1370	32	2	1	36
<b>Country Fried Shrimp®: 5 each</b>		total	3370	1270	141	32	0	465	9130	424	64	57	100
		per serving	670	250	28	6	0	95	1830	85	13	11	20
<b>Fried Catfish: with tartar sauce, lemon wedges and hushpuppies</b>		total	2930	2050	228	44	2	320	4350	123	14	29	98
		per serving	590	410	46	9	0	65	870	25	3	6	20
Sirloin Steak Tips n' Tenders come with choice of grilled chicken tenders or fried chicken tenders (see above for nutritional information)													
<b>Sirloin Steak Tips n' Tenders: steak tips, with garlic butter glaze</b>		total	1510	980	109	48	0.5	315	4770	3	1	0	131
		per serving	300	200	22	10	0	65	950	1	0	0	26



Family Meal Sides (serves 5)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Green Beans	total	420	180	20	8	0	55	2300	49	21	8	10
	per serving	80	40	4.0	1.5	0	10	460	10	4	2	2
Carrots	total	640	60	7	1	0	95	1020	133	25	74	10
	per serving	130	12	1.5	0	0	20	200	27	5	15	2
Corn	total	1770	660	73	13	0	155	850	250	26	7	28
	per serving	350	130	15	2.5	0	30	170	50	5	1	6
Broccoli	total	150	5	0.5	0	0	0	45	22	14	3	14
	per serving	30	0	0	0	0	0	10	4	3	1	3
Dumplings	total	960	230	26	8	0	5	4380	168	14	2	22
	per serving	190	50	5	1.5	0	0	880	34	3	0	4
Fresh Seasonal Fruit	total	250	10	2	0	0	0	0	62	12	43	4
	per serving	50	0	0	0	0	0	0	12	2	9	1
Mashed Potatoes	total	1300	570	63	11	0	40	1130	164	17	5	21
	per serving	260	110	13	2.5	0	10	230	33	3	1	4
	plus choice of											
Coleslaw	Roast Beef Gravy (16 oz.)	290	140	16	3	0	0	2300	29	7	2	10
	Sawmill Gravy (16 oz.)	640	370	42	17	0	45	1300	48	2	18	19
Coleslaw	total	1230	940	105	16	1.5	100	840	69	less than 1	67	2
	per serving	250	190	21	3	0	20	170	14	less than 1	13	0
Pinto Beans	total	1080	140	16	5	0	95	1960	155	50	3	78
	per serving	220	30	3	1	0	20	390	31	10	1	16
Turnip Greens	total	480	160	17	7	0	90	1840	30	18	3	50
	per serving	100	30	3.5	1.5	0	15	370	6	4	1	10
Hashbrown Casserole	total	1540	590	66	26	0	90	2810	195	20	4	42
	per serving	310	120	13	5	0	20	560	39	4	1	8
Fried Apples	total	1030	120	13	4.5	0	less than 5	260	222	33	156	3
	per serving	210	20	3	1	0	0	50	45	7	31	1
Loaded Hashbrown Casserole	total	2790	1530	169	78	0.5	380	5870	200	20	6	118
	per serving	560	310	34	16	0	75	1170	40	4	1	24
Macaroni n' Cheese	total	1620	850	94	36	1	145	4220	136	10	20	58
	per serving	320	170	19	7	0	30	840	27	2	4	12
Cornbread Dressing	total	2520	1290	143	29	0.5	190	7650	264	43	28	42
	per serving	500	260	29	6	0	40	1530	53	9	6	8
Sweet Potato Casserole	total	1400	250	28	4.5	0	0	640	273	17	213	15
	per serving	280	50	6	1	0	0	130	55	3	43	3
Hashbrown Tater Tots	total	1370	730	81	21	0	45	3900	137	2	5	24
	per serving	270	150	16	4.5	0	10	780	27	less than 1	1	5
Fried Okra	total	1240	420	47	9	0	50	2600	188	12	8	16
	per serving	250	80	9	1.5	0	10	520	38	2	2	3
Steak Fries	total	1700	580	64	12	0	45	360	256	26	4	25
	per serving	340	120	13	2.5	0	10	70	51	5	1	5

<b>Barrel Bites (serves 5)</b>		<b>Cal.</b>	<b>Cal. from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	
<b>Loaded Hashbrown Casserole Tots</b>	total	1210	730	81	30	0	120	3290	84	1	4	39	
	per serving	240	150	16	6	0	25	660	17	0	1	8	
<b>Biscuits Beignets</b>	total	1600	790	88	31	0	0	3080	179	4	32	22	
	per serving	320	160	18	6	0	0	620	36	less than 1	6	4	
	comes with	Butter Pecan Sauce (8 oz.)	660	190	22	14	0	60	230	119	less than 1	117	0
<b>Fried Pickles</b>	total	1760	1010	112	19	0.5	0	6890	169	9	2	18	
	per serving	350	200	22	4	0	0	1380	34	2	0	4	
	comes with	Buttermilk Ranch: 4 oz.	380	360	40	6	1	35	840	5	0	3	2
<b>Cheese Bites</b>	total	1710	1040	116	64	2.5	265	3110	84	2	12	82	
	per serving	340	210	23	13	0	55	620	17	0	2	16	
	comes with	Buttermilk Ranch: 4 oz.	380	360	40	6	1	35	840	5	0	3	2
<b>Family Meal Desserts (serves 5)</b>		<b>Cal.</b>	<b>Cal. from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	
<b>Chocolate Chip Cookies: 5 each</b>	each	240	100	11	6	0	30	120	30	1	19	3	
	total	1600	790	88	31	0	0	3080	179	4	32	22	
<b>Biscuit Beignets</b>	per serving	320	160	18	6	0	0	620	36	less than 1	6	4	
	comes with	Butter Pecan Sauce (8 oz.)	660	190	22	14	0	60	230	119	less than 1	117	0
<b>Peach Cobbler</b>	total	1860	600	66	23	0	40	1110	301	9	185	14	
	per serving	370	120	13	4.5	0	10	220	60	2	37	3	
<b>Coke Cake</b>	each	680	240	27	10	0	40	270	103	3	84	6	





# NUTRITIONAL FACTS N' FIGURES

