



Nutritional Information

	Calories	Calories from Fat	Total Fat (g)	Saturated Fats (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BREAKFAST																	
SOURDOUGH, HAM, EGG, CHEESE	405	163	18	8	0.3	1.2	2.7	285	1290	35	1	4	20	16%	0%	24%	20%
SOURDOUGH, BACON, EGG, CHEESE	431	191	22	10	0.3	1.2	2.7	281	1174	36	1	5	23	16%	0%	24%	20%
SOURDOUGH, SAUSAGE, EGG, CHEESE	544	306	34	14	0.3	1.2	2.7	296	1299	36	1	4	25	16%	0%	24%	21%
BISCUIT, HAM, EGG, CHEESE	452	231	25	13	0.1	0.2	0.8	268	1322	34	1	3	15	14%	0%	18%	23%
BISCUIT, BACON, EGG, CHEESE	545	305	34	16	0.1	0.2	0.8	279	1461	35	1	4	21	14%	0%	18%	24%
BISCUIT, SAUSAGE, EGG, CHEESE	590	375	41	18	0.1	0.2	0.8	279	1331	35	1	3	20	14%	0%	18%	23%
CRESCENT, HAM, EGG, CHEESE	372	181	20	8	0.1	0.2	0.8	273	942	27	1	3	14	20%	0%	14%	16%
CRESCENT, BACON, EGG, CHEESE	465	255	29	11	0.1	0.2	0.8	284	1081	28	1	4	20	20%	0%	14%	17%
CRESCENT, SAUSAGE, EGG, CHEESE	510	325	36	14	0.1	0.2	0.8	284	951	28	1	3	19	20%	0%	14%	16%
PANCAKES	287	43	5	1	0.1	0.3	0.1	62	1022	51	1	10	9	2%	0%	13%	21%
PANCAKES-HAM	329	60	7	2	0.1	0.3	0.1	81	1393	51	1	10	9	2%	0%	13%	22%
PANCAKES-BACON	377	103	12	3	0.1	0.3	0.1	82	1362	52	1	11	13	2%	0%	13%	23%
PANCAKES-SAUSAGE	467	203	23	7	0.1	0.3	0.1	92	1402	52	1	10	14	2%	0%	13%	23%
CREAM CHIPPED BEEF	456	246	27	11	0.0	1.7	0.7	29	1313	40	2	6	14	2%	4%	16%	19%
SAUSAGE GRAVY & BISCUIT	532	318	36	15	0.0	1.7	0.7	25	1384	45	1	2	9	3%	0%	8%	17%
CINNAMON ROLL	320	100	11	4	0.0	0.0	0.0	15	350	48	2	21	6	4%	0%	6%	10%
EGG PLATTER-HAM	756	396	43	18	0.6	1.8	3.8	522	1904	55	3	3	22	14%	9%	16%	33%
EGG PLATTER-BACON	808	452	50	20	0.6	1.8	3.8	514	1672	56	3	5	28	14%	9%	16%	33%
EGG PLATTER-SAUSAGE	1033	682	76	28	0.6	1.8	3.8	544	1922	57	3	3	32	14%	9%	16%	34%
WESTERN PLATTER	608	342	38	13	0.6	1.8	3.8	499	1157	42	3	4	24	13%	11%	16%	24%
BREAKFAST FRIES	294	156	17	7	0.8	0.3	4.7	12	337	31	2	0	4	0%	13%	2%	5%
BREAKFAST FRIES-LG	359	175	19	7	0.9	0.3	4.7	12	450	41	3	0	5	0%	18%	2%	7%
SIDE BACON	90	60	7	3	0.0	0.0	0.0	20	340	1	0	1	4	0%	0%	0%	2%
SIDE EGG	197	129	14	4	0.0	1.7	0.7	476	182	1	0	1	15	12%	0%	7%	11%
SIDE HAM	83	33	4	1	0.0	0.0	0.0	38	742	0	0	0	0	0%	0%	0%	3%
SIDE SAUSAGE	180	160	18	6	0.0	0.0	0.0	30	380	1	0	0	5	0%	0%	0%	2%
SANDWICHES																	
ROAST BEEF SANDWICH	421	126	14	3	0.1	5.1	3.3	83	817	34	1	2	38	1%	4%	4%	27%
ROAST BEEF SAND-WHOLE GRAIN	451	126	14	3	0.1	5.6	3.3	83	867	37	2	4	40	1%	0%	2%	27%
LARGE ROAST BEEF SANDWICH	519	148	16	4	0.1	5.3	4.2	128	939	34	1	2	56	1%	4%	4%	37%
3 ROAST BEEF SLIDERS	525	93	12	2	0.0	3.3	2.2	77	959	63	0	9	40	0%	0%	12%	34%
6 ROAST BEEF SLIDERS	1049	187	23	4	0.1	6.5	4.5	154	1917	126	0	18	79	1%	0%	24%	68%
12 ROAST BEEF SLIDERS	2098	373	46	8	0.1	13.1	8.9	308	3834	252	0	36	159	2%	0%	48%	136%
GOLD RUSH SANDWICH	715	364	40	13	0.8	5.4	7.1	92	1680	60	2	11	30	5%	4%	17%	17%
SPICY CHICKEN SANDWICH	593	297	33	8	0.3	12.1	7.6	55	1376	52	2	3	24	9%	6%	16%	14%
CHICKEN GRILLER-BACON AVOCADO	539	190	22	7	0.2	1.7	1.5	102	1857	42	5	6	44	12%	23%	12%	19%
CHICKEN GRILLER SANDWICH	340	35	4	0	0.0	1.5	0.0	70	1090	37	2	4	36	0%	2%	2%	14%
BURGERS																	
HAMBURGER	515	251	28	9	1.2	5.5	10.2	94	752	34	1	2	32	1%	4%	8%	26%
DOUBLE BURGER	797	419	46	16	2.4	6.0	18.7	188	1178	34	1	2	58	1%	4%	11%	42%
CHEESEBURGER	560	284	31	11	1.4	5.6	11.0	105	973	34	1	2	34	8%	4%	15%	26%
DOUBLE CHEESEBURGER	886	486	54	20	2.6	6.3	20.4	210	1621	35	1	2	63	14%	4%	25%	42%
BACON CHEESEBURGER	627	329	37	13	1.4	5.6	11.0	120	1228	35	1	3	37	8%	4%	15%	27%
DOUBLE BACON CHEESEBURGER	954	531	59	22	2.6	6.3	20.4	225	1876	35	1	3	66	14%	4%	25%	43%
DOUBLE R BAR BURGER	601	301	33	12	1.4	5.6	11.0	124	1344	34	1	2	34	8%	4%	15%	28%
DOUBLE DOUBLE R BAR BURGER	928	502	56	21	2.6	6.3	20.4	229	1992	35	1	2	63	14%	4%	25%	44%
FRIED CHICKEN																	
3 PC STRIPS	263	88	9	4	0.5	0.3	3.3	81	662	12	1	0	31	1%	2%	3%	9%
5 PC STRIPS	439	146	15	6	0.8	0.5	5.4	135	1103	20	1	0	52	1%	4%	5%	15%
10 PC STRIPS	878	292	31	12	1.5	0.9	10.9	271	2206	41	2	0	104	2%	8%	10%	30%
CHICKEN-2 PC & BISCUIT	1110	642	72	24	0.0	1.7	0.7	210	2149	70	1	2	47	4%	0%	9%	32%
CHICKEN-3 PC & BISCUIT	1666	964	107	36	0.1	2.5	1.0	315	3224	104	2	3	71	6%	0%	14%	48%
CHICKEN-8 PC & BISCUITS	4442	2570	286	96	0.1	6.7	2.7	840	8597	278	4	8	188	15%	0%	37%	127%
CHICKEN-12 PC & BISCUITS	6663	3855	429	143	0.2	10.0	4.0	1260	12895	418	6	12	282	22%	0%	55%	191%
CHICKEN-16 PC & BISCUITS	8884	5140	572	191	0.3	13.3	5.3	1680	17194	557	8	16	376	30%	0%	74%	254%
CHICKEN-20 PC & BISCUITS	11105	6425	715	239	0.3	16.6	6.6	2100	21492	696	10	20	470	37%	0%	92%	318%
SALADS																	
APPLE FETA SPINACH	366	68	7	4	0.0	0.2	1.3	95	1154	39	7	32	33	173%	105%	19%	17%
BERRY TOSSED CHICKEN	203	15	2	0	0.0	0.0	0.0	70	784	15	1	11	30	0%	40%	38%	9%
KIDS MEALS																	
KIDS-HAMBURGER	363	152	17	5	0.8	2.9	6.4	63	596	30	1	4	23	0%	0%	17%	21%
KIDS-CHEESEBURGER	408	186	21	8	0.9	3.1	7.2	74	818	30	1	4	25	7%	0%	24%	21%
KIDS-DRUMSTICK	200	110	13	4	0.0	0.0	0.0	60	270	9	0	0	14	0%	0%	0%	6%
KIDS-CHICKEN STRIPS	176	58	6	2	0.3	0.2	2.2	54	441	8	0	0	21	0%	2%	2%	6%
KIDS-ROAST BEEF SLIDER	175	31	4	1	0.0	1.1	0.7	26	320	21	0	3	13	0%	0%	4%	11%
SIDES																	
FRENCH FRIES	390	187	20	7	0.9	0.3	5.2	13	382	45	3	0	6	0%	19%	2%	7%
HOLSTER FRIES	585	281	31	10	1.3	0.4	7.8	19	573	67	5	0	8	0%	29%	4%	11%
BAKED POTATO	197	0	0	0	0.0	0.0	0.0	0	13	46	3	1	6	0%	29%	4%	15%
MASHED POTATOES & GRAVY	80	14	2	0	0.0	0.0	0.0	1	465	16	1	2	2	1%	5%	3%	2%
LARGE MASHED POTATOES & GRAVY	255	45	5	0	0.0	0.0	0.0	2	1488	51	3	5	8	2%	16%	9%	5%
COLE SLAW	274	205	23	4	0.4	0.0	0.0	25	420	15	3	12	2	1%	80%	6%	3%
LARGE COLE SLAW	877	657	73	13	1.2	0.0	0.0	81	1344	48	8	39	6	3%	256%	18%	10%
BAKED BEANS	136	12	1	0	0.0	0.0	0.0	1	512	28	3	15	4	0%	0%	3%	7%
LARGE BAKED BEANS	434	39	4	1	0.0	0.0	0.0	4	1637	90	11	47	14	0%	0%	9%	24%
MACARONI AND CHEESE	206	85	9	4	0.3	2.0	2.3	22	615	21	1	3	9	3%	0%	18%	1%
LARGE MACARONI AND CHEESE	658	273	30	13	0.8	6.4	7.2	69	1969	68	3	10	29	11%	0%	59%	5%
SIDE SALAD	41	1	0	0	0.0	0.0	0.0	0	29	9	3	4	3	177%	30%	4%	10%
FRUIT CUP	74	0	0	0	0.0	0.0	0.0	0	13	19	1	17	0	5%	320%	5%	1%
APPLE SLICES	30	0	0	0	0.0	0.0	0.0	0	8	2	6	0	0	1%	120%	0%	1%
BAKED APPLES	140	1	0	0	0.0	0.0	0.0	0	37	2	34	0	1	8%	1%	1%	
LARGE BAKED APPLES	449	4															