

## Roy Nutritional Information

BREAKFAST	calories	colories f	ot Total Fr	satirated (	d Transf	40, £0,	Monours	aturated Choleste	godium'	rotal arboli	Die	y Fibe Sugars	gl Protein	g) Vitanin	Ville	in Cloody)	in (%) Trong
OURDOUGH, HAM, EGG, CHEESE	412	163	18	8	0.3	2.4	2.3	285	1285	35	2	3	19	16%	0%	88%	10%
OURDOUGH, BACON, EGG, CHEESE OURDOUGH, SAUSAGE, EGG, CHEESE	438 551	191 306	22 35	9 13	0.3 0.3	2.4 2.4	2.3	281 296	1169 1294	36 36	2	4 3	22 24	16% 16%	0% 0%	88% 88%	10% 10%
ONEY MAPLE CHICKEN BISCUIT ISCUIT HAM, EGG, CHEESE	480 452	138 231	15 25	8 13	0.0	0.2	0.2	4 268	3516 1322	73 34	3 1	3	13 15	3% 14%	1% 0%	11% 18%	33% 23%
ISCUIT BACON, EGG, CHEESE ISCUIT, SAUSAGE, EGG, CHEESE	545 590	305 375	34 41	16 18	0.1 0.1	0.2 0.2	0.8	279 279	1461 1331	35 35	1	4 3	21 20	14% 14%	0% 0%	18% 18%	24% 23%
RESCENT, HAM, EGG, CHEESE RESCENT, BACON, EGG, CHEESE	372 465	181 255	20 29	8	0.1 0.1	0.2	0.8	273 284	942 1081	27 28	1	3	14 20	20% 20%	0% 0%	14% 14%	16% 17%
RESCENT, SAUSAGE, EGG, CHEESE	510	325	36	14	0.1	0.2	0.8	284	951	28	1	3	19	20%	0%	14%	16%
RENCH TOAST STICKS (3) ANCAKES	400 145	120 0	13 1	2 1	0.2	0.0	0.0 0.1	0	411 492	65 29	2 1	34 5	5 3	9% 0%	0% 0%	80% 7%	2% 11%
ANCAKES-HAM ANCAKES-BACON	186 235	17 60	3	1 3	0.0	0.0	0.1	19 20	863 832	29 30	1	5 6	3 7	0% 0%	0% 0%	7% 7%	13% 13%
ANCAKES-SAUSAGE REAM CHIPPED BEEF	325 466	160 256	19 26	7 13	0.0	0.0 1.7	0.1 0.7	30 30	872 1373	30 42	1	5 7	8 15	0% 2%	0% 0%	7% 16%	13% 21%
AUSAGE GRAVY & BISCUIT	532	318	36	15	0.0	1.7	0.7	25	1384	45	1	2	9	3%	0%	8%	17%
GG PLATTER-HAM GG PLATTER-BACON	756 808	396 452	43 50	18 20	0.6	1.8 1.8	3.8	522 514	1904 1672	55 56	3	3 5	22 28	14% 14%	9% 9%	16% 16%	33% 33%
GG PLATTER-SAUSAGE VESTERN PLATTER	1033 613	682 347	76 37	28 14	0.6 0.6	1.8 1.8	3.8 3.8	544 499	1922 1187	57 43	3	3 5	32 25	14% 13%	9% 9%	16% 16%	34% 25%
REAKFAST FRIES	294	156	17	7	8.0	0.3	4.7	12	337	31	2	0	4	0%	13%	2%	5%
REAKFAST FRIES-LG IDE BACON	359 90	175 60	19 7	7 3	0.9	0.3	4.7 0.0	12 20	450 340	41 1	3 0	0 1	5 4	0% 0%	18% 0%	2% 0%	7% 2%
IDE EGG IDE HAM	197 83	129 33	14 4	1	0.0	1.7 0.0	0.7	476 38	182 742	0	0	0	15 0	12% 0%	0% 0%	7% 0%	11% 3%
IDE SAUSAGE	180	160	18	6	0.0	0.0	0.0	30	380	1	0	0	5	0%	0%	0%	2%
SANDWICHES																	
OAST BEEF SAND-WHOLE GRAIN	421	126	14	3	0.1	5.1	3.3	83	817	34	1	2	38	1%	4%	4%	27%
ARGE ROAST BEEF SANDWICH	451 519	126 148	14 16	3	0.1	5.6 5.3	3.3 4.2	83 128	867 939	37 34	1	2	40 56	1% 1%	0% 4%	2% 4%	27% 37%
ROAST BEEF SLIDERS GOLD RUSH SANDWICH	525 715	93 364	12 40	2 13	0.0	3.3 5.4	2.2 7.1	77 92	959 1680	63 60	0 2	9 11	40 30	0% 5%	0% 4%	12% 17%	34% 17%
EXAS PETE SPICY SANDWICH W GRILLED CHICKEN SANDWICH	576 508	257 167	0 22	9	0.7	5.3 1.5	7.4 1.9	97 102	1686 1030	44 37	2	3	35 38	6% 4%	6% 6%	17% 15%	40% 17%
	300	101	22		0.2	1.0	1.8	102	1030	31		4	30	470	0 %	13%	11%
BURGERS	500	254	25	40	1.0	4.0	1.0	74	700	0.4	4	2	20	40/	404	40.404	0000
IAMBURGER CHEESEBURGER	539 584	251 284	35 39	13 16	1.3 1.4	4.9 5.1	1.6 2.4	74 85	723 944	34 34	1	2	20 22	1% 8%	4% 4%	104% 111%	26% 26%
ACON CHEESEBURGER OUBLE R BAR BURGER	651 625	329 301	44 41	18 16	1.4 1.4	5.1 5.1	2.4 2.4	100 104	1199 1315	35 34	1 1	3 2	25 22	8% 8%	4% 4%	111% 111%	27% 28%
MAKE IT A DOUBLE	351	202	30	14	1.3	0.2	0.8	85	947	0	0	0	17	6%	0%	107%	16%
RIED CHICKEN																	
PC TENDERLOINS	342	103	11	5	0.7	0.4	4.8	127	652	12	1	0	45	1%	4%	1%	8%
PC TENDERLOINS PC TENDERLOINS	456 912	137 274	15 30	7 14	0.9 1.8	0.5 1.0	6.4 12.7	170 340	869 1737	16 33	1 1	0	60 119	1% 2%	5% 9%	1% 2%	10% 21%
CHICKEN-2 PC & BISCUIT CHICKEN-3 PC & BISCUIT	1110 1666	642 964	72 107	24 36	0.0 0.1	1.7 2.5	0.7 1.0	210 315	2149 3224	70 104	1 2	2 3	47 71	4% 6%	0% 0%	9% 14%	32% 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 CHICKEN-16 PC & BISCUITS	6663 8884	3855 5140	429 572	143 191	0.2	10.0 13.3	4.0 5.3	1260 1680	12895 17194	418 557	6 8	12 16	282 376	22% 30%	0% 0%	55% 74%	191% 254%
HICKEN-20 PC & BISCUITS	11105	6425	715	239	0.3	16.6	6.6	2100	21492	696	10	20	470	37%	0%	92%	318%
KIDS MEALS																	
IDS-HAMBURGER IDS-CHEESEBURGER	328 373	124 158	18 22	7 9	0.6 0.7	2.6 2.7	0.6 1.5	37 48	511 732	30 30	1	4	12 15	0% 7%	0% 0%	65% 72%	18% 18%
IDS-DRUMSTICK	200	110	13	4	0.0	0.0	0.0	60	270	9	0	0	14	0%	0%	0%	6%
IDS-CHICKEN TENDERLOINS IDS-ROAST BEEF SLIDER	228 175	69 31	7 4	3 1	0.4	0.2 1.1	3.2 0.7	85 26	434 320	8 21	0	0 3	30 13	0% 0%	2% 0%	1% 4%	5% 11%
SIDES																	
RENCH FRIES	390	187	20	7	0.9	0.3	5.2	13	382	45	3	0	6	0%	19%	2%	7%
IOLSTER FRIES MASHED POTATOES & GRAVY	585 80	281 14	31 2	10 0	1.3 0.0	0.4 0.0	7.8 0.0	19 1	573 465	67 16	5 1	0 2	8 2	0% 1%	29% 5%	4% 3%	11% 2%
ARGE 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 ARGE COLE SLAW	274 877	205 657	23 73	4 13	0.4 1.2	0.0	0.0	25 81	420 1344	15 48	3 8	12 39	2 6	1% 3%	80% 256%	6% 18%	3% 10%
AKED BEANS ARGE BAKED BEANS	136 434	12 39	1	0	0.0	0.0	0.0	1	512 1637	28 90	3 11	15 47	4 14	0% 0%	0% 0%	3% 9%	7% 24%
ACARONI AND CHEESE	200	70	8	4	0.3	0.0	0.0	22	950	23	0	2	8	4%	0%	15%	2%
ARGE MACARONI AND CHEESE IDE SALAD	581 41	204 1	23 0	12 0	0.8	0.0	0.0	64 0	2762 42	68 9	3	5 4	23 3	11% 102%	0% 47%	44% 7%	5% 6%
RUIT CUP	50 306	0 156	0 17	0 9	0.0	0.0 1.7	0.0	0	12 673	13 33	1	11 2	1 5	0% 2%	420% 0%	5% 8%	1% 15%
		,,,,			0.0												
DRINKS		0	0	0	0.0	0.0	0.0	•	44.00	0	0	0	0	00/	00/	00/	00/
EGULAR DIET SODA IIDS SODA	1 125-222	0	0	0	0.0	0.0	0.0	0	11-28 4-142	0 52-60	0	0 50-60	0	0% 0%	0% 0%	0% 0%	0% 0%
EGULAR SODA ARGE SODA	172-304 250-443	0	0	0	0.0	0.0	0.0	0	6-113 8-164	72-83 104-120	0	69-83 100-120	0	0% 0%	0% 0%	0% 0%	0% 0%
C-LARGE SODA	328-582	0	0	0	0.0	0.0	0.0	0	11-215	137-158	0	131-158	0	0% 0%	0% 0%	0% 1%	0% 0%
OFFEE-20 OZ	5	0	0	0	0.0	0.0	0.0	0	13	0	0	0	1	0%	0%	1%	0%
IOT TEA-12 OZ IOT TEA-20 OZ	3 5	0	0	0	0.0	0.0	0.0	0	11 18	1 2	0	0	0	0% 0%	0% 0%	0% 0%	0% 1%
WEET TEA-12 OZ WEET TEA-20 OZ	116 193	0	0	0	0.0	0.0	0.0 0.0	0	12 20	32 53	0	32 53	0	0% 0%	0% 0%	0% 0%	0% 0%
JNSWEET TEA-12 OZ JNSWEET TEA-20 OZ	1	0	0	0	0.0	0.0	0.0	0	12	0	0	0	0	0%	0%	0%	0%
AILK	1 130	0 45	5	3	0.0	0.0	0.0	20	20 125	13	0	0 12	8	0% 10%	0%	0% 30%	0%
PRANGE JUICE-10 OZ PPLE JUICE-10 OZ	140 140	0	0	0	0.0	0.0	0.0	0	20 25	33 35	0	30 32	2	0% 0%	100% 100%	2% 10%	0% 0%
									-								
DESSERTS BROWNIE	151	180	21	11	0.0	0.0	0.0	20	210	63	5	10	6	5.0/	00/	20/	60/
HOT FUDGE BROWNIE SUNDAE	451 446	189 193	21	11	0.0	0.0	0.0	20 32	318 231	63 59	5	48 47	6 5	5% 3%	0% 5%	3%	6% 4%
/ANILLA SHAKE STRAWBERRY SHAKE	584 618	254 254	29 29	19 17	0.0	0.0	0.0	107 107	247 247	65 72	0	57 61	15 18	10% 10%	0% 0%	30% 30%	0% 0%
FRUIT PARFAIT	185 653	0 289	1	1	0.0	0.0	0.0	4	99 247	38 72	0	27 64	6	0% 10%	25% 0%	17% 30%	9% 0%
COOKIES & CREAM SHAKE	688	289	33 33	19	0.0	0.0	0.0	107	334	79	0	61	18 18	10%	0%	30%	0%
/ANILLA SHAKE LARGE STRAWBERRY SHAKE LARGE	729 773	318 318	37 37	23 21	0.0	0.0	0.0	134 134	309 309	82 90	0	72 76	19 23	13% 13%	0% 0%	38% 38%	0% 0%
CHOCOLATE SHAKE LARGE COOKIES & CREAM SHAKE LARGE	817	362	41	23	0.0	0.0	0.0	134	309	90	0	80	23	13%	0%	38%	0%
/ANILLA CUP	860 227	362 105	41 12	23 8	0.0	0.0	0.0	134 44	418 61	99 26	0	76 23	23 3	13% 0%	0% 0%	38% 0%	0% 0%
ANILLA DOUBLE CUP CHOCOLATE CUP	397 262	183 122	21 14	14 8	0.0	0.0	0.0	76 44	107 61	46 30	0	40 26	6 5	0% 0%	0% 0%	0% 0%	0% 0%
CHOCOLATE DOUBLE CUP	458	214	24	14	0.0	0.0	0.0	76	107	52	0	46	9	0%	0%	0%	0%
TRAWBERRY CUP STRAWBERRY DOUBLE CUP	244 427	105 183	12 21	7 12	0.0	0.0	0.0	44 76	61 107	30 52	0	24 43	5 9	0% 0%	0% 0%	0% 0%	0% 0%
HOT FUDGE SUNDAE STRAWBERRY SHORTCAKE	348 431	157 182	18 20	13 12	0.0	0.0	0.0	46 22	107 681	42 56	1 2	36 22	4 7	0% 2%	5% 20%	2% 9%	2% 16%
STRAWBERRY SUNDAE	356	111	13	8	0.0	0.0	0.0	46	65	57	2	51	4	0%	61%	2%	2%
THE TOTAL STATE OF THE STATE OF																	
	16																
IMITED TIME OFFERING OURDOUGH BACON CHEESEBURGER	636	254	51	19	1.3	1.2	0.8	115	1114	19	1	2	23	6%	0%	141%	18%

This nutritional information is correct as of April 2023 and amends any nutrition information found on other printed materials in this restaurant including packaging. This information is derived from information provided from Roy Rogers suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from Roy Rogers suppliers throughout the U.S.. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product ingredients and formulations change periodically. You should expect some variation in nutrient content of the products purchased in our restaurants.







