



	Serving Size (grams)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
BREAKFAST															
Made from Scratch Biscuit	109	370	210	23	5	0	890	35	0	3	5	0	0	10	4
Bacon Biscuit	120	430	250	28	7	10	1110	35	0	4	8	0	0	10	4
Sausage Biscuit	142	530	340	38	10	30	1240	36	0	4	11	4	0	15	6
Country Ham Biscuit	144	440	240	26	6	35	1710	36	0	3	14	0	0	10	4
Chicken Fillet Biscuit	226	600	310	34	7	55	1680	50	1	3	24	0	0	15	15
Country Steak Biscuit	180	620	370	41	11	35	1360	44	0	3	16	8	0	15	15
Smoked Sausage Biscuit	187	620	410	46	15	40	1680	37	0	5	15	0	0	10	4
Sausage and Egg Biscuit	185	610	390	44	11	235	1290	36	0	4	17	8	2	15	10
Bacon, Egg and Cheese Biscuit	174	560	340	38	11	225	1360	37	0	4	16	8	2	20	8
Ham, Egg and Cheese Biscuit	220	560	320	35	10	245	1800	37	0	5	23	8	2	20	10
Loaded Omelet Biscuit	198	640	400	44	14	245	1510	37	0	5	21	10	2	30	10
Biscuit N Gravy	251	530	310	34	8	10	1550	47	0	6	8	2	0	10	6
Low Carb Breakfast Bowl	208	620	450	50	21	325	1380	6	2	2	36	30	4	35	25
Loaded Biscuit 'n' Gravy Bowl	326	770	490	54	15	245	1950	49	0	7	20	10	2	15	15
Sunrise Croissant with Ham	164	430	230	26	10	250	1050	28	0	5	23	15	0	25	15
Sunrise Croissant with Bacon	138	450	260	29	12	240	900	28	0	5	19	15	0	25	15
Sunrise Croissant with Sausage Patty	161	550	340	38	15	265	1030	29	0	5	22	20	0	25	15
Frisco Breakfast Sandwich	181	410	150	17	7	245	870	39	2	4	27	8	0	30	20
Tortilla Scrambler	66	230	120	13	6	30	520	18	0	1	9	4	0	25	8
Big Country Breakfast Platter - Country Ham*	377	970	470	53	12	460	2600	90	3	12	33	10	10	20	25
Big Country Breakfast Platter - Breakfast Ham*	397	970	470	52	12	455	2450	90	3	13	34	10	10	20	25
Big Country Breakfast Platter - Bacon*	355	980	500	56	13	435	2080	90	3	13	28	10	10	20	25
Big Country Breakfast Platter - Sausage*	374	1060	570	64	15	455	2140	91	4	13	30	15	10	25	25
Big Country Breakfast Platter - Chicken*	458	1140	540	61	13	480	2580	105	4	12	44	10	10	25	35
Big Country Breakfast Platter - Country Steak*	412	1150	610	68	16	455	2260	98	4	12	36	15	10	25	30
Pancakes - 3 each	135	300	45	5	1	25	830	55	2	12	8	0	0	8	15
*Served w/syrup, jam & butter (not included)															
BREAKFAST - Sides and Individual Servings															
Hash Rounds - small	83	260	150	16	4	0	360	25	2	1	3	0	10	2	2
Hash Rounds - medium	114	350	200	22	5	0	490	34	3	1	4	0	15	2	4
Hash Rounds - large	151	460	260	29	6	0	650	45	4	2	5	2	20	4	4
American Cheese slice (small)	12	50	35	4	3	10	200	1	0	0	2	4	0	8	0
Swiss Cheese slice	16	50	35	4	3	15	230	0	0	0	4	0	0	15	0
Breakfast Ham	56	60	20	3	1	30	660	1	0	1	10	0	0	0	2
Country Ham	35	60	30	3	2	35	810	1	0	0	9	0	0	0	0
Bacon - 1 1/2 strips	11	60	45	5	2	5	220	0	0	0	2	0	0	0	0
Smoked Sausage	78	250	200	23	10	40	790	2	0	2	9	0	0	0	0
Sausage Patty	33	150	130	14	5	30	350	1	0	1	6	4	0	2	4
Chicken Fillet	117	230	100	11	2	55	790	15	1	0	19	0	0	4	10
Country Steak	71	240	160	18	5	30	470	9	0	0	11	8	0	2	10
Cinnamon N Raisin Biscuit	77	280	110	12	3	0	650	40	0	17	3	0	0	0	0
Grape Jam	14	10	0	0	0	0	0	2	0	2	0	0	0	0	0
Strawberry Jam	14	35	0	0	0	0	0	9	0	9	0	0	4	0	0
Grits	142	110	40	5	1	0	480	16	0	0	2	0	0	0	35
Croissant	57	210	90	10	4	5	200	26	0	4	4	8	0	2	8



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Pancake Syrup	28	90	0	0	0	0	0	21	0	16	0	0	0	0	0
Biscuit Gravy	142	160	100	11	3	10	660	12	0	3	3	2	0	2	2
Scrambled Egg	85	160	110	12	3	405	100	1	0	1	12	10	0	6	8
Folded Egg	43	80	50	6	2	205	50	1	0	0	6	4	0	2	4
Butter Blend Packet	5	25	25	3	1	0	45	0	0	0	0	0	0	0	0
SANDWICHES															
1/3 LB** Thickburger	342	850	510	57	22	105	1470	54	3	12	30	8	20	20	30
1/3 LB** Cheeseburger	254	680	350	39	19	90	1450	52	2	11	29	8	4	20	25
1/3 LB** Mushroom N Swiss Thickburger	276	720	380	42	21	100	1570	48	2	7	35	0	0	35	25
1/3 LB** Bacon Cheese Thickburger	333	910	570	63	24	115	1490	50	3	11	33	6	15	20	25
1/3 LB** Chili Cheese Thickburger	335	870	480	54	26	135	1840	55	4	11	41	10	0	30	25
1/3 LB** Low Carb Thickburger	245	420	280	32	12	115	1010	5	2	3	30	20	2	50	20
1/2 LB** Six Dollar Burger	412	1060	650	72	30	150	1860	60	3	18	40	15	20	30	30
1/2 LB** Grilled Sourdough Thickburger	403	1040	650	73	30	155	1420	49	3	12	45	6	15	30	30
2/3 LB** Double Thickburger	424	1230	810	90	38	195	2090	53	3	12	52	15	6	30	35
2/3 LB** Double Bacon Cheese Thickburger	462	1300	860	96	40	205	2110	51	3	11	55	10	15	30	35
Charbroiled Chicken Sandwich	293	590	230	26	7	80	1180	53	4	11	36	4	20	10	20
Low Carb Charbroiled Chicken Club	254	420	220	24	7	95	1230	11	2	8	41	10	10	15	6
Big Chicken Sandwich	362	770	330	36	8	95	2000	73	4	9	39	4	15	15	30
Spicy Chicken Sandwich	160	470	230	26	5	40	1220	46	2	6	14	2	2	10	20
Regular Roast Beef	137	330	150	16	7	40	860	29	2	2	19	0	0	6	20
Big Roast Beef	199	470	210	23	10	60	1290	38	2	3	29	0	0	8	30
Hot Ham 'n Cheese	139	287	115	13	6	37	1110	30	2	3	20	0	0	30	20
Big Hot Ham 'n Cheese	232	435	181	20	10	74	2009	40	2	4	36	0	0	50	30
Hot Dog	152	420	270	30	12	55	1200	22	1	4	16	0	0	2	10
Slammer (per each)	95	240	110	12	5	35	300	19	0	2	13	0	2	2	15
Slammer with Cheese (per each)	108	280	140	16	8	45	500	20	0	2	15	4	2	10	15
3 Piece Chicken Strips	145	380	190	21	4	55	1360	27	1	1	22	2	4	8	8
5 Piece Chicken Strips	241	630	310	34	6	90	2260	45	2	1	37	2	6	15	10
Kids Meal - Chicken Strips (no sauce)	175	500	230	25	5	35	1050	50	3	1	19	2	35	6	10
Kids Meal - Slammers	270	720	320	35	13	70	740	71	4	4	30	2	35	6	30
**weight before cooking															
SANDWICHES - Individual items															
Grilled Onions	28	35	25	3	3	0	0	2	0	2	0	0	2	0	0
Bacon - 1 1/2 strips	11	60	45	5	2	5	220	0	0	0	2	0	0	0	0
American Cheese slice (large)	16	60	45	5	4	15	260	1	0	1	3	4	0	10	0
Swiss Cheese slice	16	50	35	4	3	15	230	0	0	0	4	0	0	15	0
Au Jus Sauce	85	10	0	0	0	0	320	2	0	1	0	0	0	0	0
FRIED CHICKEN & SIDES															
Fried Chicken Breast	148	370	130	15	4	75	1190	29	0	0	29	0	0	0	0
Fried Chicken Wing	66	200	70	8	2	30	740	23	0	0	10	0	0	0	0
Fried Chicken Thigh	121	330	130	15	4	60	1000	30	0	0	19	0	0	0	0
Fried Chicken Leg	69	170	60	7	2	45	570	15	0	0	13	0	0	0	0
French Fries Kids	79	250	100	12	3	0	150	32	3	0	4	0	30	0	6
French Fries Small	126	390	170	19	4	0	240	51	4	1	6	0	50	0	8
French Fries Medium	166	520	220	24	5	0	320	67	5	1	8	2	70	2	10



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French Fries Large	193	610	260	28	6	0	370	78	6	1	10	2	80	2	10
Chili Cheese Fries	258	700	350	39	13	50	780	67	7	2	22	6	60	15	10
Crispy Curls - Small	109	340	150	17	4	0	840	43	4	0	4	0	0	40	8
Crispy Curls - Medium	132	410	180	20	5	0	1020	52	4	0	5	0	0	50	10
Crispy Curls - Large	153	480	210	23	6	0	1190	60	5	0	6	0	0	60	10
Cole Slaw (small = 1 serving)	113	170	90	10	2	10	140	20	2	16	1	50	40	4	2
Cole Slaw (large = 3 servings)	113	170	90	10	2	10	140	20	2	16	1	50	40	4	2
Mashed Potatoes (small = 1 serving)	142	90	15	2	0	0	410	17	0	1	1	0	0	0	0
Mashed Potatoes (large = 3 servings)	142	90	15	2	0	0	410	17	0	1	1	0	0	0	0
Chicken Gravy	43	20	5	1	0	0	220	3	0	1	0	0	0	0	0
DESSERTS															
Chocolate Chip Cookie	68	290	100	11	5	20	270	44	0	26	4	0	0	2	8
Apple Turnover	85	290	140	15	5	5	350	36	1	11	2	0	0	0	0
DIPPING SAUCE CUPS															
Honey Mustard-Dipping Sauce	28	110	80	9	2	10	220	6	0	4	0	0	0	0	0
Ranch Dressing-Dipping Sauce	28	160	150	16	3	15	240	2	0	1	0	0	0	0	0
BBQ Sauce-Dipping Sauce	28	45	0	0	0	0	250	10	0	6	1	0	0	0	2
Sweet N Sour-Dipping Sauce	28	45	0	0	0	0	85	11	0	6	0	0	2	0	2
Mayonnaise Packet	12	90	80	9	1.5	5	70	1	0	0	0	0	0	0	0
Hot Sauce Packet	7	0	0	0	0	0	210	0	0	0	0	0	0	0	0
Horseradish Packet	7	25	20	2	0	5	35	1	0	1	0	0	0	0	0
Ketchup Packet	9	10	0	0	0	0	105	2	0	2	0	2	0	0	0
BEVERAGES															
Orange Juice	10 fl oz	150	0	0	0	0	0	37	0	35	1	0	160	2	0
Milk 1% Fat	10 fl oz	150	30	3	2	15	180	18	0	18	14	10	6	40	0
Coffee (small)	12 fl oz cup	5	0	0	0	0	5	1	0	0	0	0	0	0	0
Vanilla Shake (Soft-serve) (regular)	16 fl oz cup	650	150	17	10	50	510	98	0	89	27	10	15	100	2
Vanilla Shake (Hand-dipped) (regular)	16 fl oz cup	480	240	27	18	120	240	52	0	46	14	20	0	40	0
Chocolate Shake (Soft-serve) (regular)	16 fl oz cup	710	60	7	5	20	550	137	12	85	27	6	15	100	10
Chocolate Shake (Hand-dipped) (regular)	16 fl oz cup	510	240	27	18	105	230	61	0	54	11	15	0	30	0
Strawberry Shake (Soft-serve) (regular)	16 fl oz cup	720	120	14	8	40	430	128	0	73	22	8	15	80	2
Strawberry Shake (Hand-dipped) (regular)	16 fl oz cup	480	240	27	15	105	230	58	0	52	11	15	0	30	0
Coca-Cola Classic® (small)	20 fl oz cup	260	0	0	0	0	40	71	0	71	0	0	0	0	0
Diet Coke® (small)	20 fl oz cup	0	0	0	0	0	40	0	0	0	0	0	0	0	0
Fanta Lemonade (small)	20 fl oz cup	250	0	0	0	0	65	70	0	70	0	0	0	0	0
Fanta Orange Soda (small)	20 fl oz cup	280	0	0	0	0	25	76	0	76	0	0	0	0	0
Barg's® Root Beer (small)	20 fl oz cup	290	0	0	0	0	90	79	0	79	0	0	0	0	0
Dr. Pepper® (small)	20 fl oz cup	260	0	0	0	0	90	68	0	68	0	0	0	0	0
Sprite® (small)	20 fl oz cup	260	0	0	0	0	85	68	0	68	0	0	0	0	0
Squirt (small)	20 fl oz cup	260	0	0	0	0	90	70	0	70	0	0	0	0	0
Raspberry Nestea® (small)	20 fl oz cup	200	0	0	0	0	25	55	0	0	0	0	0	0	0