



# Nutritional Information

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (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)	
<b>BREAKFAST</b>																		
SOURDOUGH, HAM, EGG, CHEESE	412	163	18	8	0.3	2.4	2.3	285	1285	35	2	3	19	16%	0%	88%	10%	
SOURDOUGH, BACON, EGG, CHEESE	438	191	22	9	0.3	2.4	2.3	281	1169	36	2	4	22	16%	0%	88%	10%	
SOURDOUGH, SAUSAGE, EGG, CHEESE	551	306	35	13	0.3	2.4	2.3	296	1294	36	2	3	24	16%	0%	88%	10%	
HONEY MAPLE CHICKEN BISCUIT	480	138	15	8	0.0	0.2	0.2	4	3516	73	3	3	13	3%	1%	11%	33%	
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%	
FRENCH TOAST STICKS (3)	400	120	13	2	0.2	0.0	0.0	0	411	65	2	34	5	9%	0%	80%	2%	
PANCAKES	145	0	1	1	0.0	0.0	0.1	0	492	29	1	5	3	0%	0%	7%	11%	
PANCAKES-HAM	186	17	3	1	0.0	0.0	0.1	19	863	29	1	5	3	0%	0%	7%	13%	
PANCAKES-BACON	235	60	8	3	0.0	0.0	0.1	20	832	30	1	6	7	0%	0%	7%	13%	
PANCAKES-SAUSAGE	325	160	19	7	0.0	0.0	0.1	30	872	30	1	5	8	0%	0%	7%	13%	
CREAM CHIPPED BEEF	466	256	26	13	0.0	1.7	0.7	30	1373	42	1	7	15	2%	0%	16%	21%	
SAUSAGE GRAVY & BISCUIT	532	318	36	15	0.0	1.7	0.7	25	1384	45	1	2	9	3%	0%	8%	17%	
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	613	347	37	14	0.6	1.8	3.8	499	1187	43	2	5	25	13%	9%	16%	25%	
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%
GOLD RUSH SANDWICH	715	364	40	13	0.8	5.4	7.1	92	1680	60	2	11	30	5%	4%	17%	17%
TEXAS PETE SPICY SANDWICH	576	257	0	9	0.7	5.3	7.4	97	1686	44	2	3	35	6%	6%	17%	40%
SW GRILLED CHICKEN SANDWICH	508	167	22	7	0.2	1.5	1.9	102	1030	37	1	4	38	4%	6%	15%	17%

## BURGERS

HAMBURGER	539	251	35	13	1.3	4.9	1.6	74	723	34	1	2	20	1%	4%	104%	26%
CHEESEBURGER	584	284	39	16	1.4	5.1	2.4	85	944	34	1	2	22	8%	4%	111%	26%
BACON CHEESEBURGER	651	329	44	18	1.4	5.1	2.4	100	1199	35	1	3	25	8%	4%	111%	27%
DOUBLE R BAR BURGER	625	301	41	16	1.4	5.1	2.4	104	1315	34	1	2	22	8%	4%	111%	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%

## FRIED CHICKEN

3 PC TENDERLOINS	342	103	11	5	0.7	0.4	4.8	127	652	12	1	0	45	1%	4%	1%	8%
4 PC TENDERLOINS	456	137	15	7	0.9	0.5	6.4	170	869	16	1	0	60	1%	5%	1%	10%
8 PC TENDERLOINS	912	274	30	14	1.8	1.0	12.7	340	1737	33	1	0	119	2%	9%	2%	21%
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%

## KIDS MEALS

KIDS-HAMBURGER	328	124	18	7	0.6	2.6	0.6	37	511	30	1	4	12	0%	0%	65%	18%
KIDS-CHEESEBURGER	373	158	22	9	0.7	2.7	1.5	48	732	30	1	4	15	7%	0%	72%	18%
KIDS-DRUMSTICK	200	110	13	4	0.0	0.0	0.0	60	270	9	0	0	14	0%	0%	0%	6%
KIDS-CHICKEN TENDERLOINS	228	69	7	3	0.4	0.2	3.2	85	434	8	0	0	30	0%	2%	1%	5%
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%
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	200	70	8	4	0.3	0.0	0.0	22	950	23	0	2	8	4%	0%	15%	2%
LARGE MACARONI AND CHEESE	581	204	23	12	0.8	0.0	0.0	64	2762	68	0	5	23	11%	0%	44%	5%
SIDE SALAD	41	1	0	0	0.0	0.0	0.0	0	42	9	3	4	3	102%	47%	7%	6%
FRUIT CUP	50	0	0	0	0.0	0.0	0.0	0	12	13	1	11	1	0%	420%	5%	1%
BISCUIT	306	156	17	9	0.0	1.7	0.7	0	673	33	1	2	5	2%	0%	8%	15%

## DRINKS

REGULAR DIET SODA	1	0	0	0	0.0	0.0	0.0	0	11-28	0	0	0	0	0%	0%	0%	0%
KIDS SODA	125-222	0	0	0	0.0	0.0	0.0	0	4-142	52-60	0	50-60	0	0%	0%	0%	0%
REGULAR SODA	172-304	0	0	0	0.0	0.0	0.0	0	6-113	72-83	0	69-83	0	0%	0%	0%	0%
LARGE SODA	250-443	0	0	0	0.0	0.0	0.0	0	8-164	104-120	0	100-120	0	0%	0%	0%	0%
X-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%
COFFEE-12 OZ	3	0	0	0	0.0	0.0	0.0	0	8	0	0	0	0	0%	0%	1%	0%
COFFEE-20 OZ	5	0	0	0	0.0	0.0	0.0	0	13	0	0	0	1	0%	0%	1%	0%
HOT TEA-12 OZ	3	0	0	0	0.0	0.0	0.0	0	11	1	0	0	0	0%	0%	0%	0%
HOT TEA-20 OZ	5	0	0	0	0.0	0.0	0.0	0	18	2	0	0	0	0%	0%	0%	1%
SWEET TEA-12 OZ	116	0	0	0	0.0	0.0	0.0	0	12	32	0	32	0	0%	0%	0%	0%
SWEET TEA-20 OZ	193	0	0	0	0.0	0.0	0.0	0	20	53	0	53	0	0%	0%	0%	0%
UNSWEET TEA-12 OZ	1	0	0	0	0.0	0.0	0.0	0	12	0	0	0	0	0%	0%	0%	0%
UNSWEET TEA-20 OZ	1	0	0	0	0.0	0.0	0.0	0	20	0	0	0	0	0%	0%	0%	0%
MILK	130	45	5	3	0.0	0.0	0.0	20	125	13	0	12	8	10%	0%	30%	0%
ORANGE JUICE-10 OZ	140	0	0	0	0.0	0.0	0.0	0	20	33	0	30	2	0%	100%	2%	0%
APPLE JUICE-10 OZ	140	0	0	0	0.0	0.0	0.0	0	25	35	0	32	0	0%	100%	10%	0%

## DESSERTS

BROWNIE	451	189	21	11	0.0	0.0	0.0	20	318	63	5	48	6	5%	0%	3%	6%
HOT FUDGE																	