



Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Polyunsaturated Fat	Monounsaturated Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron

	g	g	g	g	g	g	mg	mg	g	g	g	g	%	%	%	%	
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	1129	35	1	4	24	16%	0%	24%	19%
SOURDOUGH, SAUSAGE, EGG, CHEESE	554	306	34	14	0.3	1.2	2.7	296	1239	35	1	4	27	16%	0%	24%	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	991	27	1	3	23	20%	0%	14%	14%
CRESCENT, SAUSAGE, EGG, CHEESE	520	325	36	14	0.1	0.2	0.8	284	891	27	1	3	21	20%	0%	14%	18%
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	1302	51	1	10	15	2%	0%	13%	21%
PANCAKES-SAUSAGE	477	203	23	7	0.1	0.3	0.1	92	1342	51	1	10	16	2%	0%	13%	25%
CREAM CHIPPED BEEF	370	200	22	9	0.0	1.0	3.5	29	1160	32	2	7	13	0%	4%	10%	14%
SAUSAGE GRAVY & BISCUIT NEW	454	272	31	14	0.0	1.0	3.5	25	1181	36	1	3	10	0%	0%	2%	13%
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	669	349	38	16	0.5	1.2	6.6	522	1751	47	3	4	21	11%	9%	10%	28%
EGG PLATTER-BACON	721	406	45	19	0.5	1.2	6.6	514	1429	47	3	4	30	11%	9%	10%	25%
EGG PLATTER-SAUSAGE	966	636	71	27	0.5	1.2	6.6	544	1649	47	3	4	35	11%	9%	10%	33%
WESTERN PLATTER	551	306	34	12	0.5	0.7	4.9	499	1069	38	3	5	24	11%	11%	13%	22%
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%
SANDWICHES																	
ROAST BEEF SANDWICH	431	126	14	3	0.1	5.6	3.3	83	877	36	2	3	39	1%	0%	6%	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	529	148	17	4	0.1	5.8	4.2	128	999	36	2	3	57	1%	0%	6%	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	725	364	40	14	0.8	5.9	7.1	92	1695	61	3	11	32	5%	0%	19%	15%
SPICY CHICKEN SANDWICH	603	297	34	8	0.3	12.6	7.6	55	1436	54	3	4	25	9%	2%	18%	14%
CHICKEN GRILLER-BACON AVOCADO	539	190	22	7	0.2	1.7	1.5	102	1812	42	5	5	45	12%	23%	12%	17%
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	525	251	28	9	1.2	6.0	10.2	94	812	36	2	3	33	1%	0%	10%	26%
DOUBLE BURGER	807	419	47	16	2.4	6.5	18.7	188	1238	36	2	3	59	1%	0%	13%	42%
CHEESEBURGER	570	284	32	11	1.4	6.1	11.0	105	1033	36	2	3	35	8%	0%	17%	26%
DOUBLE CHEESEBURGER	896	486	54	21	2.6	6.8	20.4	210	1681	37	2	3	64	14%	0%	27%	42%
BACON CHEESEBURGER	637	329	37	13	1.4	6.1	11.0	120	1243	36	2	3	39	8%	0%	17%	26%
DOUBLE BACON CHEESEBURGER	964	531	60	23	2.6	6.8	20.4	225	1891	37	2	3	68	14%	0%	27%	42%
DOUBLE R BAR BURGER	611	301	34	12	1.4	6.1	11.0	124	1404	36	2	3	35	8%	0%	17%	28%
DOUBLE DOUBLE R BAR BURGER	938	502	56	22	2.6	6.8	20.4	229	2052	37	2	3	64	14%	0%	27%	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	1050	622	70	23	0.0	2.7	4.2	210	2019	62	1	3	46	2%	0%	3%	27%
CHICKEN-3 PC & BISCUIT	1576	934	104	34	0.1	4.0	6.2	315	3029	92	2	5	69	3%	0%	5%	40%
CHICKEN-8 PC & BISCUITS	4202	2490	278	92	0.1	10.7	16.7	840	8077	246	4	12	184	7%	0%	13%	107%
CHICKEN-12 PC & BISCUITS	6303	3735	417	137	0.2	16.0	25.0	1260	12115	370	6	18	276	10%	0%	19%	161%
CHICKEN-16 PC & BISCUITS	8404	4980	556	183	0.3	21.3	33.3	1680	16154	493	8	24	368	14%	0%	26%	214%
CHICKEN-20 PC & BISCUITS	10505	6225	695	229	0.3	26.6	41.6	2100	20192	616	10	30	460	17%	0%	32%	268%
SALADS																	
CAESAR SALAD	144	81	9	6	0.0	0.0	0.0	25	192	4	3	0	10	103%	66%	27%	13%
CHICKEN CAESAR SALAD	286	72	10	6	0.0	0.0	0.0	98	1082	3	3	0	44	99%	68%	52%	17%
GARDEN SALAD	53	1	0	0	0.0	0.0	0.0	0	34	11	4	5	4	229%	39%	6%	15%
CHEF SALAD	165	25	3	1	0.0	0.0	0.0	54	790	11	4	5	18	229%	40%	6%	19%
KID'S 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	0	8	2	6	0	1%	120%	0%	1%
BAKED APPLES	140	1	0	0	0.0	0.0	0.0	0	0	37	2	34	0	1%	8%	1%	1%
LARGE BAKED APPLES	449	4	0	0	0.0	0.0	0.0	0	0	117	5	107	1	3%	26%	2%	2%
BISCUIT	246	136	15	8	0.0	2.7	4.2	0	543	25	1	3	4	0%	0%	2%	10%
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	172-3																