



NUTRITION GUIDE

This information is applicable as of 10/30/17

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"Sunrise Sampler," "Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy Breakfast," "Smokehouse Breakfast," "Wholesome Fixin's," "Uncle Herschel's Favorite," "Momma's French Toast Breakfast," "Momma's Pancake Breakfast," "Cracker Barrel," and "CB Old Country Store" are service marks/trademarks of CBOCS Properties, Inc. Reg. USPTO. ©2017 CBOCS Properties, Inc.

BREAKFAST												
Traditional Favorites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Traditional Favorites (except Fresh Start Sampler) come with choice of All the Fixin's: See All the Fixin's section (page 2) for nutritional information												
Fresh Start Sampler: two eggs and fresh fruit n' yogurt parfait		490	160	18	5	0	390	230	62	6	40	22
	plus Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46	6
	plus choice of Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
Old Timer's Breakfast: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
	plus choice of Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
	plus choice of Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
Sunrise Sampler®: two eggs, grits, fried apples, hashbrown casserole, sampling of thick-sliced bacon, smoked sausage and country ham		900	380	42	15	0	475	1920	82	7	28	49
Grandpa's Country Fried Breakfast®: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
	plus choice of Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
	plus choice of Chicken Fried Chicken	600	360	40	6	0	70	1170	23	3	3	38
	Country Fried Steak	610	260	29	8	0	65	1400	51	1	3	37
The Cracker Barrel's Country Boy Breakfast®: three eggs, fried apples, hashbrown casserole and grits		660	230	26	8	0	590	730	80	7	28	27
	plus choice of Sirloin Steak	400	180	20	9	0	115	480	1	5	0	53
	Pork Chops: two	490	230	25	10	0	185	700	0	2	less than 1	70
	Country Ham	540	230	26	10	0	190	3360	12	3	0	66
Smokehouse Breakfast®: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
	plus choice of Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
Country Morning Breakfast: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
Double Meat Breakfast: three eggs, grits, thick sliced bacon and smoked sausage patties		720	440	49	16	0	655	1340	20	2	1	50

Traditional Favorites (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Uncle Herschel's Favorite®: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
plus choice of	Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
plus choice of	Sugar Cured Ham	180	60	7	2.5	0	55	1180	4	less than 1	2	24
	U.S. Farm-Raised Catfish Fillet: grilled	130	50	5	1	0	50	330	less than 1	less than 1	0	9
	U.S. Farm-Raised Catfish Fillet: fried	370	190	21	4	0	55	610	17	less than 1	3	10
	Grilled Pork Chop	250	110	13	5	0	90	350	0	1	0	35
	Hickory-Smoked Country Ham	270	120	13	5	0	95	1680	6	1	0	33
	Fried Chicken Tenderloins	360	110	12	2	0	110	1380	38	1	0	24
	8 oz. Hamburger Steak	440	300	33	15	0	100	140	0	0	0	33
	Grilled Southwest Sausage: two links (regional)	510	390	43	16	0	75	1790	8	2	less than 1	20
	All The Fixin's		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)
choice of	Biscuit: each	160	50	6	2	0	0	310	23	less than 1	1	3
	Sawmill Gravy: single serving	180	110	12	4.5	0	15	310	13	less than 1	6	5
	Sawmill Gravy: family portion	440	270	30	11	1	35	780	33	1	16	12
	Real Butter: each	35	35	4	3	0	10	30	0	0	0	0
	Best Preserves n' Jam: each	40	0	0	0	0	0	0	12	0	11	0
Pancakes n' Such		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Wild Maine Blueberry Pancakes: three pancakes		650	150	16	3	0	20	2640	118	5	14	9
plus	Wild Maine Blueberry Syrup	200	0	0	0	0	0	0	50	0	39	0
	Real Butter Scoop	110	110	12	8	0	30	90	0	0	0	0
Buttermilk Pancakes with Fruit Topping: three pancakes		630	150	16	3	0	20	2640	111	2	9	9
plus choice of	Country Peach n' Real Whipped Cream	320	50	6	1.5	0	less than 5	65	67	less than 1	68	less than 1
	Sweet Ripe Blackberry n' Real Whipped Cream	350	45	5	1	0	less than 5	60	75	4	66	1
	Cinnamon Spiced Apple n' Real Whipped Cream	380	120	13	6	0	15	120	66	3	51	less than 1
French Toast: four slices		750	290	32	8	0	335	690	88	4	12	26
plus choice of	Sweet Toppings n' Butter	See Sweet Toppings n' Butter section (page 3) for nutritional information										

Pancakes n' Such		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All remaining Pancakes n' Such entrees come with 100% Pure Natural Syrup and Butter: See Sweet Toppings n' Butter section below for nutritional information												
Momma's Pancake Breakfast: three pancakes and two eggs		780	230	26	6	0	405	2790	114	3	10	24
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
Momma's French Toast Breakfast: four slices and two eggs		900	380	42	11	0	720	840	92	5	12	40
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
Buttermilk Pancakes with 100% Pure Natural Syrup: three pancakes		630	150	16	3	0	20	2640	111	2	9	9
Pecan Pancakes: three pancakes		1020	520	57	7	0	20	2640	119	8	12	15
Sweet Toppings n' Butter		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
100% Pure Natural Syrup		150	0	0	0	0	0	0	39	0	37	0
Dickinson's® Wild Maine Blueberry Syrup		200	0	0	0	0	0	0	50	0	39	0
Sugar Free Syrup		15	0	0	0	0	0	90	4	0	0	0
Real Butter Scoop		110	110	12	8	0	30	90	0	0	0	0
Country Peach n' Real Whipped Cream		320	50	6	1.5	0	less than 5	65	67	less than 1	68	less than 1
Sweet Ripe Blackberry n' Real Whipped Cream		350	45	5	1	0	less than 5	60	75	4	66	1
Cinnamon Spiced Apple n' Real Whipped Cream		380	120	13	6	0	15	120	66	3	51	less than 1
Wholesome Fixin's®		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Good Morning Breakfast: two egg whites, cheese grits, tomatoes and fresh fruit		370	120	14	6	0	75	1000	32	3	12	31
Fresh Fruit n' Yogurt Parfait Breakfast: fruit n' yogurt parfait and two egg whites		510	130	14	3.5	0	65	770	65	6	41	33
Apple n' Cinnamon Oatmeal: with reduced fat milk		360	60	7	1.5	0	5	200	69	8	29	8

Everyday Favorites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon or Sausage with Fried Apples or Hashbrown Casserole												
your choice of	Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
Hashbrowns, Fried Apples n' Biscuit: with one butter and preserves		590	180	20	8	0	20	720	95	6	39	9
Egg Sandwich: two eggs on sourdough with tomato and mayo		500	240	26	7	0	330	580	53	4	8	22
plus choice of	Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
Eggs-in-the-Basket: two slices of sourdough with two eggs		430	190	21	5	0	385	350	41	2	6	20
plus choice of	Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Cereal Breakfast											
Cheerios®		120	20	2	0	0	0	190	24	4	1	4
plus choice of	Skim Milk	90	0	0	0	0	less than 5	130	13	0	12	8
	Reduced Fat Milk	130	45	5	3	0	20	130	12	0	12	8
	Whole Milk	150	70	8	5	0	35	120	12	0	11	8
plus	Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
plus	Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46	6
Apple n' Cinnamon Oatmeal Breakfast: oatmeal with reduced fat milk		360	60	7	1.5	0	5	200	69	8	29	8
plus	Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46	6
Gravy n' Biscuits: three biscuits and sawmill gravy		740	320	36	13	1	20	1400	88	2	13	17
Two Eggs n' Biscuits: two eggs, two biscuits, one butter and preserves		570	270	30	12	0	405	830	59	2	14	20
One Egg n' Bacon or Sausage: one egg, two biscuits, one butter and preserves		500	250	28	11	0	180	760	59	1	13	13
plus choice of	Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	Smoked Sausage Patty: one patty	110	80	8	3	0	20	240	0	0	0	7
	Thick-Sliced Bacon: two slices	130	90	10	3.5	0	30	340	0	0	0	10
	Link Sausage: two links (regional)	140	100	11	3.5	0	35	310	less than 1	0	1	9
Meat Biscuit n' Hashbrowns or Apples												
your choice of	Country Ham Biscuit	240	90	10	3.5	0	30	810	25	less than 1	1	13
	Smoked Sausage Biscuit	260	130	15	5	0	20	550	23	less than 1	1	11
plus choice of	Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5

Everyday Favorites (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Biscuits n' Gravy with Bacon or Sausage: three biscuits and sawmill gravy		740	320	36	13	1	20	1400	88	2	13	17
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
Southwestern Specialties (regional)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Southwestern Sausage Hash n' Eggs: with two eggs		740	440	49	15	0	425	1410	47	7	2	28
Southwestern Scramble		670	380	43	18	1	685	1160	29	5	6	38
plus choice of	Fried Apples	160	15	1.5	0	0	0	30	36	3	27	0
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
	Home Fries	340	160	18	3	0	0	370	41	5	less than 1	4
Breakfast Side Plates		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Butter		100	0	0	0	0	0	10	24	less than 1	20	0
Country Ham		270	120	13	5	0	95	1680	6	1	0	33
Country Ham n' Biscuit		240	90	10	3.5	0	30	810	25	less than 1	1	13
Fried Apples		160	15	1.5	0	0	0	30	36	3	27	0
Hashbrown Casserole		190	70	8	3	0	10	350	24	2	0	5
Pork Chop		250	110	13	5	0	90	350	0	1	0	35
Sausage n' Biscuit		260	130	15	5	0	20	550	23	less than 1	1	11
Sawmill Gravy		180	110	12	4.5	0	15	310	13	less than 1	6	5
Smoked Sausage Patties: two patties		210	150	17	6	0	35	480	less than 1	0	less than 1	14
Sugar Cured Ham		180	60	7	2.5	0	55	1180	4	less than 1	2	24
Thick-Sliced Bacon: three slices		200	140	16	6	0	45	510	0	0	0	15
Wild Maine Blueberry Muffin		360	150	16	4	0	90	550	46	4	46	6
Grilled Southwest Sausage: one link (regional)		250	200	22	8	0	35	900	4	1	0	10
Green Chilies (regional)		25	0	0	0	0	0	600	0	2	2	0
Home Fries (regional)		340	160	18	3	0	0	370	41	5	less than 1	4
Breakfast Side Plates — Wholesome Fixin's®		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Grits		150	70	8	4	0	15	310	15	0	0	6
Coarse Ground Grits		90	20	2.5	0	0	0	135	15	0	0	2
Fresh Apple Slices		70	0	0	0	0	0	0	19	3	14	less than 1
Fresh Fruit n' Yogurt Parfait		330	80	8	2	0	5	85	59	5	40	9
Fresh Seasonal Fruit		50	0	0	0	0	0	0	12	2	9	less than 1
Two Eggs, any way you like 'em		150	90	10	3	0	385	150	2	0	less than 1	14
Two Scrambled Egg Whites		60	0	0	0	0	0	230	2	0	2	11
Turkey Sausage Patties: two patties		110	50	6	2	0	55	460	1	0	0	13
Yogurt n' Granola		190	30	3.5	1	0	5	70	35	less than 1	26	5

LUNCH - DINNER												
Daily Dinner Features		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Daily Dinner Features come with your choice of two Sides (see page 9 for nutritional information) and choice of Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)												
Monday	Grilled Country Pork Chops: two chops	490	230	25	10	0	185	700	0	2	less than 1	70
Tuesday	Lemon Pepper Grilled Rainbow Trout: two fillets	330	130	14	4	0	140	610	less than 1	less than 1	0	43
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing: with turkey gravy and cranberry sauce	620	240	27	6	0	115	2120	51	5	12	43
Friday	Fish Fry											
	Cod Fillets: four pieces with tartar sauce	730	340	38	7	0	155	1710	60	3	3	37
	Haddock: one fillet with tartar sauce (regional)	760	410	46	8	0	120	1820	42	3	4	44
Saturday	Chicken n' Rice: with mushroom gravy	620	180	20	4.5	1	95	1480	75	2	1	36
Sunday	Homestyle Chicken: two breasts	1350	820	92	19	0	180	3200	65	6	2	66
Weekday Lunch Specials		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Our Monday through Thursday specials come with your choice of Biscuits or Corn Muffins and Real Butter (see page 10 for specific nutritional)												
Monday	Baked Chicken n' Dressing	550	230	25	6	0	135	1420	38	5	5	44
	plus choice of One Country Vegetable n' Side	See (page 9) for nutritional information										
Tuesday	Meatloaf and Mashed Potatoes	460	240	27	9	0	75	640	33	4	3	21
	plus choice of One Country Vegetable n' Side	See (page 9) for nutritional information										
Wednesday	Chicken Pot Pie	590	180	20	8	0	65	1190	69	7	0	32
Thursday	Turkey n' Dressing: with cranberry sauce	620	240	27	6	0	115	2120	51	5	12	43
	plus choice of One Country Vegetable n' Side	See (page 9) for nutritional information										
Monday-Friday	Country House Salad: with grilled chicken	340	150	17	7	0	65	890	24	4	8	25
	plus Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
	plus choice of Salad Dressing 2 oz.	See (page 10) for nutritional information										
	plus choice of Baked Potato: with butter and sour cream	470	160	18	11	0	50	150	69	7	4	9
	plus choice of Baked Sweet Potato: with butter and brown sugar	350	110	13	8	0	30	170	58	8	23	5
	Cup of Soup	See (page 9) for nutritional information										
Dressed Up Sandwich Platters		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Dressed Up Sandwich Platters come with your choice of one Side (see page 9 for nutritional information) or a Cup of Soup (see page 9 for nutritional information) and a sampling of Cole Slaw (see below)												
	plus Cole Slaw Sampling											
Grilled Reuben		900	600	67	32	0	150	1420	28	7	less than 1	48
Open-Faced Roast Beef		710	310	34	12	1	135	970	60	2	6	53

Dressed Up Sandwich Platters (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken BLT												
your choice of	Grilled Chicken Tenderloins	750	360	40	15	0	135	1480	57	4	12	53
	Fried Chicken Tenderloins	870	400	45	16	0	155	1950	81	4	7	47
Chile Jack Chicken (regional)		630	250	27	11	0	145	1270	61	6	11	49
Cast Iron Pressed Burger Platters		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Cast Iron Pressed Burger Platters come with Homestyle Fries and a sampling of Cole Slaw (see below) plus your choice of Corn Muffins and Real Butter (see page 10 for nutritional information)												
Sides:												
Plus	Homestyle Fries	370	110	12	2.5	0	0	870	60	4	0	6
	Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
Maple Jam n' Bacon Double Cheeseburger		950	460	51	23	1.5	220	1300	52	2	21	67
Maple Jam n' Bacon Single Cheeseburger		650	270	30	13	0.5	130	1110	51	2	20	41
Signature Double Cheeseburger		860	460	51	22	1.5	200	900	41	2	11	58
Signature Single Cheeseburger		570	270	30	12	0.5	110	710	40	2	11	33
Available with	Thick-Sliced Bacon: two slices	130	90	10	3.5	0	30	340	0	0	0	10
Fancy Fixin's		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Fancy Fixin's Entrees come with your choice of three Sides (see page 9 for nutritional information) and Biscuits or Corn Muffins and Real Butter(see page 10 for nutritional information)												
Chicken n' Dumplins		450	80	9	2.5	0	90	1740	55	7	2	37
Meatloaf		520	310	35	14	0	140	930	17	3	5	35
Roast Beef		480	260	29	12	1	130	780	10	0	0	45
Country Fried Steak		610	260	29	8	0	65	1400	51	1	3	37
Chicken Fried Chicken		600	360	40	6	0	70	1170	23	3	3	38
10 oz. Rib Eye Steak		650	430	47	22	0	145	520	1	1	0	52
plus choice of three Sides or	Baked Potato: with butter and sour cream	470	160	18	11	0	50	150	69	7	4	9
	House Salad: plus Westminster Crackers® and choice of salad dressing	260	140	15	6	0	35	600	22	3	5	12
	Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
	Salad Dressing: 2 oz.	See (page 10) for nutritional information										
Grilled Sirloin Steak		400	180	20	9	0	115	480	1	5	0	53
plus choice of three Sides or	Baked Potato: with butter and sour cream	470	160	18	11	0	50	150	69	7	4	9
	House Salad: plus Westminster Crackers® and choice of salad dressing	260	130	15	6	0	35	600	21	3	5	12
	Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
	Salad Dressing: 2 oz.	See (page 10) for nutritional information										
U.S. Farm-Raised Catfish: 2 fillets												
your choice of	Spicy Grilled	260	100	11	3	0	95	650	2	1	0	18
	Fried: with hushpuppies and tartar sauce	760	330	36	8	0	105	1500	51	3	5	21
Country Fried Shrimp: with hushpuppies and cocktail sauce		780	310	35	7	0	275	2850	93	5	9	25
Chicken Tenderloins: six tenders												
your choice of	Grilled Chicken Tenderloins	230	60	6	1	0	95	860	7	2	7	37
	Fried Chicken Tenderloins: plus choice of dipping sauce	540	170	18	3	0	165	2070	57	2	0	37
plus choice of	Apple Cider BBQ Sauce	80	10	1	0	0	0	350	18	0	16	0
	Honey Mustard Sauce	220	190	21	3	0	15	400	8	0	7	less than 1

Fancy Fixin's (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Haddock		380	130	15	3	0	130	660	14	1	1	49	
Lemon Pepper Grilled Rainbow Trout: two fillets		330	130	14	4	0	140	610	less than 1	less than 1	0	43	
Cracker Barrel Sampler (regional)		400	180	20	8	0	100	1020	26	3	3	29	
plus choice of		Sugar Cured Ham	90	30	3.5	1	0	30	590	2	0	less than 1	12
		Country Ham	140	60	6	2.5	0	50	840	3	less than 1	0	16
Chile Jack Chicken (regional)		440	160	18	10	0	190	1230	14	2	3	56	
Country Dinner Plates		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
All Country Dinner Plate Entrees come with your choice of two Sides (see page 9 for nutritional information) and Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)													
Chicken Livers		470	230	26	6	0	465	640	30	4	less than 1	16	
Grilled Chicken Tenderloins: four tenders		150	40	4	1	0	65	570	5	1	5	24	
Fried Chicken Tenderloins: four tenders		360	110	12	2	0	110	1380	38	1	0	24	
plus choice of		Apple Cider BBQ Sauce	80	10	1	0	0	350	18	0	16	0	
		Honey Mustard	220	190	21	3	0	15	400	8	0	7	less than 1
Grilled Pork Chop		250	110	13	5	0	90	350	0	1	0	35	
Half-Pound Hamburger Steak		440	300	33	15	0	100	140	0	0	0	33	
Sugar Cured Ham		180	60	7	2.5	0	55	1180	4	less than 1	2	24	
Hickory-Smoked Country Ham		270	120	13	5	0	95	1680	6	1	0	33	
Lemon Pepper Grilled Rainbow Trout: 1 fillet		160	60	7	2	0	70	300	0	0	0	22	
U.S. Farm Raised Catfish Fillet: 1 fillet													
your choice of		Spicy Grilled	130	50	5	1	0	50	330	less than 1	less than 1	0	9
		Fried	370	190	21	4	0	55	610	17	less than 1	3	10
Homemade Chicken n' Dumplins		340	60	7	2	0	70	1300	41	5	1	28	
Country Vegetable Plate		choice of three or four sides		See (page 9) for nutritional information									
Country Salads		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
All Country Salads (except Southern Grilled Chicken Caesar) come with Westminster Crackers®: see (page 10) for nutritional information													
Southern Grilled Chicken Caesar Salad: includes Caesar Dressing		640	340	38	9	0.5	300	1480	29	6	8	47	
Country Chef Salad		620	340	38	14	0	280	1650	27	5	8	45	
plus choice of		Salad Dressing: 2.5 oz.		See (page 10) for nutritional information									
Grilled Chicken Salad		620	310	34	14	0	295	1300	31	6	12	48	
plus choice of		Salad Dressing: 2.5 oz.		See (page 10) for nutritional information									
Fried Chicken Salad		820	380	42	16	0	340	2110	64	6	7	48	
plus choice of		Salad Dressing: 2.5 oz.		See (page 10) for nutritional information									
House Salad		260	140	15	6	0	35	600	22	3	5	12	
plus choice of		Salad Dressing: 2 oz.		See (page 10) for nutritional information									
Cracker Barrel Specialties		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
All Cracker Barrel Specialties (except Hot Soups) come with Corn Muffins and Real Butter (page 10 for nutritional information)													
Bowl of Pinto Beans		470	60	6	2	0	40	850	73	21	7	32	
Bowl of Turnip Greens		250	90	10	4	0	125	780	16	8	2	24	
Beans n' Greens		410	80	9	3	0	90	990	51	16	7	32	
Hot Soups		See (page 9) for nutritional information											
Wholesome Fixin's®		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
All Wholesome Fixin's® (except Southern Grilled Chicken Caesar) come with choice of two Country Vegetables n' Sides: see (page 9) for nutritional information													
Southern Grilled Chicken Caesar Salad: includes Caesar Dressing		640	340	38	9	0.5	300	1480	29	6	8	47	
Buttermilk Oven Fried Chicken Breast		340	70	8	2.5	0	95	630	36	0	0	32	
Pecan Crusted Catfish		260	90	10	4	0	90	620	20	5	7	23	
Apple Cider BBQ Chicken Breast		290	35	4	1	0	150	610	21	8	12	42	

Country Vegetables n' Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Sauce		50	0	0	0	0	0	0	13	1	7	0
Baked Potato: with butter and sour cream		470	160	18	11	0	50	150	69	7	4	9
Baked Sweet Potato: with butter and cinnamon sugar		350	110	13	8	0	30	170	58	8	23	5
Boiled Cabbage (Sun, Wed)		90	45	5	2	0	5	460	8	4	2	2
Breaded Fried Okra		250	80	9	2	0	10	520	38	2	2	3
Brussels Sprouts n' Kale Salad		280	180	20	2	0	0	180	33	4	25	3
Cheese Grits		150	70	8	4	0	15	310	15	0	0	6
Cole Slaw		250	190	21	3	0	20	170	14	0	13	0
Corn Bread Dressing (Mon, Thurs)		300	160	17	3	0	20	900	31	3	3	5
Country Green Beans		60	25	3	1	0	10	310	7	3	1	1
Dumplings		210	50	6	2	0	0	940	36	3	less than 1	5
Fresh Apple Slices		70	0	0	0	0	0	0	19	3	14	less than 1
Fresh Seasonal Fruit		50	0	0	0	0	0	0	12	2	9	less than 1
Fresh Steamed Broccoli		40	0	0	0	0	0	10	6	4	less than 1	4
Fried Apples		160	15	1.5	0	0	0	30	36	3	27	0
Hashbrown Casserole		190	70	8	3	0	10	350	24	2	0	5
Homestyle Fries		370	110	12	2.5	0	0	870	60	4	0	6
Lima Beans (Tues, Fri, Sat)		290	140	15	3	0	30	320	29	7	0	10
Macaroni n' Cheese		270	140	16	6	0	25	700	23	2	3	10
Mashed Potatoes		200	80	9	2	0	5	170	25	3	less than 1	3
plus choice of	Turkey Gravy	15	0	0.5	0	0	less than 5	105	2	0	0	less than 1
	Brown Gravy	10	5	1	0	0	0	85	1	0	0	0
	Sawmill Gravy	45	25	3	1	0	less than 5	80	3	0	2	1
Mixed Green Side Salad		15	0	0	0	0	0	5	3	2	2	1
plus choice of and complimentary	Salad Dressing	See (page 10) for nutritional information										
	Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
Pinto Beans		140	20	2	1	0	15	260	21	7	0	10
Sweet Potato Casserole (Thurs)		190	35	4	1	0	0	85	36	2	28	2
Sweet Whole Baby Carrots		80	10	1	0	0	15	135	18	3	10	1
Turnip Greens		100	30	4	1	0	15	380	6	4	0	10
Whole Kernel Corn		180	70	8	1	0	15	85	26	3	less than 1	3
Cottage Cheese (regional)		150	60	6	4	0	25	540	7	0	6	17
Hot Soups		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All soups come with two complimentary packs of Westminster Crackers®: (see page 10 for nutritional information)												
Beef n' Noodle	cup	140	45	5	2	0	40	560	15	1	1	10
	bowl	290	90	10	4	0	80	1110	29	3	3	20
Chicken n' Rice	cup	150	40	4.5	1	0	40	600	13	less than 1	0	13
	bowl	290	80	9	2.5	1	80	1210	26	1	less than 1	27
Chicken Noodle	cup	100	40	4	1	0	30	720	10	less than 1	less than 1	7
	bowl	210	80	8	2	0	65	1440	21	2	2	13
Chicken Pot Pie	cup	210	70	8	2.5	0	20	710	26	2	9	4
	bowl	420	140	16	5	0	40	1430	52	4	19	8
Chili	cup	190	60	6	3	0	40	560	21	6	2	13
	bowl	390	120	13	6	0	85	1130	43	12	4	26
Clam Chowder	cup	440	290	32	19	0	120	900	27	2	5	14
	bowl	880	580	65	37	0	240	1800	54	3	10	27

Hot Soups (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Country Potato	cup	140	35	4	1	0	less than 5	660	23	2	3	4
	bowl	290	70	8	2	0	5	1320	47	5	5	9
Potato	cup	130	25	3	1	0	0	620	22	2	4	4
	bowl	260	50	6	1	0	0	1250	44	4	8	8
Turkey Noodle	cup	110	40	4.5	1.5	0	30	620	8	less than 1	less than 1	9
	bowl	210	80	9	2.5	0	55	1230	16	2	1	17
Hearty Beef n' Vegetable	cup	120	20	2	1	0	25	380	19	3	7	8
	bowl	250	40	4	2	0	50	760	37	6	14	16
Vegetable	cup	80	10	1	0	0	0	360	16	3	4	3
	bowl	170	20	2	0	0	0	720	33	5	7	6
Tortilla (regional)	cup	300	150	17	8	0	55	1020	21	2	2	18
	bowl	600	300	33	15	0	115	2050	42	4	4	36
Salad Dressing: 2.5 oz. (served with our Entrée Salads)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		170	120	13	2	0	0	470	13	0	12	0
Blue Cheese Dressing		310	290	32	7	0.5	45	780	3	0	2	3
Buttermilk Caesar		280	260	29	5	0	30	770	3	less than 1	1	3
Buttermilk Ranch		240	220	25	4	0	20	530	3	0	2	1
Dijon Honey Mustard		280	240	26	4	0	20	500	10	0	9	less than 1
Honey French		350	250	27	4	0	0	580	26	less than 1	25	0
Thousand Island Dressing		300	250	28	4.5	0	30	450	12	0	11	less than 1
Fat-Free Italian		15	0	0	0	0	0	350	4	0	3	0
Salad Dressing: 2 oz. (served with House or Side Salad)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		140	100	11	1.5	0	0	380	11	0	10	0
Blue Cheese Dressing		250	230	26	5	0	35	620	2	0	2	2
Buttermilk Caesar		230	210	23	4	0	25	620	2	0	less than 1	2
Buttermilk Ranch		190	180	20	3	0	15	420	2	0	2	less than 1
Dijon Honey Mustard		220	190	21	3	0	15	400	8	0	7	less than 1
Honey French		280	200	22	3	0	0	470	21	0	20	0
Thousand Island Dressing		240	200	22	3.5	0	20	360	10	0	9	less than 1
Fat-Free Italian		15	0	0	0	0	0	350	4	0	3	0
Miscellaneous		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Bread or Toast												
Biscuit: each		160	50	6	2	0	0	310	23	less than 1	1	3
Corn Muffin: each		210	100	11	3	0	30	510	24	4	2	4
Multigrain: one slice		100	15	2	0	0	0	180	19	1	2	3
Sourdough: one slice		120	25	3	0	0	0	95	25	1	3	4
White: one slice		70	10	1	0	0	0	140	14	0	1	2
Westminster Crackers®: 2 packs		70	20	2	0	0	0	60	12	0	0	0
English Muffin: each (regional)		130	10	1	0	0	0	260	26	less than 1	less than 1	5
Toppings												
Real Butter: each		35	35	4	3	0	10	30	0	0	0	0
Bacon Pieces: 0.5 oz		70	50	6	2	0	15	250	0	0	0	5
Colby Cheese Shreds: 1 oz.		110	80	9	6	0	25	170	less than 1	0	0	7
Sour Cream: 1 packet		60	45	5	3	0	20	15	less than 1	0	less than 1	less than 1

Miscellaneous (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Sauces												
BBQ: 2 oz.		80	10	1	0	0	0	350	18	0	16	0
Cocktail Sauce: 1 oz.		35	0	0	0	0	0	340	8	less than 1	6	0
Cranberry Sauce: 1 oz.		45	0	0	0	0	0	0	11	0	9	0
Honey Mustard: 2 oz.		220	190	21	3	0	15	400	8	0	7	less than 1
Ranch: 2 oz.		190	180	20	3	0	15	420	2	0	2	less than 1
Tartar Sauce: 1 oz.		140	130	14	2	0	5	100	2	0	2	0
Other												
Hushpuppies: each		60	25	3	1	0	0	130	6	0	less than 1	less than 1
Kid's Breakfast Menu												
Two Buttermilk Pancakes		420	100	11	2	0	15	1760	74	2	6	6
	plus choice of Sweet Toppings n' Butter	See (page 3) for nutritional information										
One Buttermilk Pancake		210	50	5	1	0	5	880	37	less than 1	3	3
	plus choice of Sweet Toppings n' Butter	See (page 3) for nutritional information										
Cereal and Milk												
	Cheerios®	120	20	2	0	0	0	190	24	4	1	4
	plus choice of Skim Milk	90	0	0	0	0	less than 5	130	13	0	12	8
	plus choice of Reduced Fat Milk	130	45	5	3	0	20	130	12	0	12	8
	plus choice of Whole Milk	150	70	8	5	0	35	120	12	0	11	8
One Egg n' Biscuit: with one butter and jelly		300	160	17	6	0	170	410	36	less than 1	12	10
Fresh Fruit n' Yogurt Parfait		330	80	8	2	0	5	85	59	5	40	9
Half Order of Bacon or Sausage												
	your choice of Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	your choice of Smoked Sausage Patty: one patty	110	80	8	3	0	20	240	0	0	0	7
	your choice of Thick-Sliced Bacon: two slices	130	90	10	3.5	0	30	340	0	0	0	10
	your choice of Link Sausage: two links (regional)	140	100	11	3.5	0	35	310	less than 1	0	1	9
Kid's Homestyle Meals												
All Homestyle Meals come with a beverage (page 12 for nutrition information), one Side (page 9 for nutrition information), and Biscuits or Corn Muffins and Real Butter (page 10 for nutrition information)												
Grilled Chicken Tenderloins: three tenders		120	30	3	1	0	50	430	3	less than 1	3	18
Fried Chicken Tenderloins: three tenders		270	80	9	2	0	85	1040	28	less than 1	0	18
	plus choice of Cider BBQ Sauce	80	10	1	0	0	0	350	18	0	16	0
	plus choice of Honey Mustard Sauce	220	190	21	3	0	15	400	8	0	7	less than 1
Country Fried Shrimp: with a hushpuppy and cocktail sauce		400	150	17	3	0	145	1610	50	3	12	13
Kid's Sandwiches Entrees												
All Kid's Sandwiches come with your choice of a select beverage (see page 12 for nutritional information) and one Side (see page 9 for nutritional information)												
Kid's Hamburger		400	150	17	6	0.5	85	380	34	less than 1	7	27
Grilled American Cheese Sandwich		430	80	9	7	0	45	1060	53	2	9	8
Kid's Country Plates												
All Kid's Country Plates come with your choice of a select beverage (see page 12 for nutritional information) and Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)												
Chicken n' Dumplins		340	60	7	2	0	70	1300	41	5	1	28
Macaroni n' Cheese		540	280	32	12	0	50	1410	45	3	6	19
Country Vegetable Plate	choice of two Sides	See (page 9) for nutritional information										

Kid's Beverages		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Juices												
100% Florida Valencia Orange		100	0	0	0	0	0	0	21	0	19	2
Apple: Kid's Juice Box		100	0	0	0	0	0	10	26	0	22	0
Apple		100	0	0	0	0	0	10	26	0	22	0
Grapefruit		90	0	0	0	0	0	0	20	0	18	0
Tomato		50	0	0	0	0	0	680	10	2	7	2
Milks												
Skim		90	0	0	0	0	less than 5	130	13	0	12	8
Reduced Fat		130	45	5	3	0	20	130	12	0	12	8
Whole		150	70	8	5	0	35	120	12	0	11	8
Chocolate		230	80	9	5	0	35	190	30	0	28	9
Iced Tea												
Unsweet		0	0	0	0	0	0	0	1	0	0	0
Sweet		100	0	0	0	0	0	0	26	0	25	0
Soft Drinks												
Diet Coke		0	0	0	0	0	0	50	0	0	0	0
Coca-Cola Classic		150	0	0	0	0	0	50	42	0	42	0
Diet Dr Pepper		0	0	0	0	0	0	65	0	0	0	0
Dr Pepper		160	0	0	0	0	0	65	42	0	41	0
Fanta Orange		170	0	0	0	0	0	65	48	0	47	0
Mello Yello		170	0	0	0	0	0	45	47	0	47	0
Sprite		170	0	0	0	0	0	40	43	0	43	0
Hot Chocolate												
Hot Chocolate: with whipped cream		210	60	6	5	0	10	230	36	1	25	3
Kid's Desserts												
Ice Cream: two scoops		230	120	13	9	0	50	75	25	0	23	4
Nut Sundaes												
with strawberry sauce		240	110	12	5	0	30	45	30	less than 1	26	4
with butterscotch caramel sauce		270	120	13	6	0	30	100	35	less than 1	25	4
with hot fudge sauce		280	150	16	9	0	30	90	30	1	24	4
Beverages												
Coffee		0	0	0	0	0	0	10	0	0	0	0
Half n' Half (each)		15	10	1	0.5	0	less than 5	10	less than 1	0	0	0
Juices												
Apple: Kid's Juice Box		100	0	0	0	0	0	10	26	0	22	0
Apple												
regular		100	0	0	0	0	0	10	26	0	22	0
large		210	0	0	0	0	0	20	51	less than 1	44	0
100% Florida Valencia Orange												
regular		100	0	0	0	0	0	0	21	0	19	2
large		200	0	0	0	0	0	0	45	0	41	3
Grapefruit												
regular		90	0	0	0	0	0	0	20	0	18	0
large		180	0	0	0	0	0	0	41	0	36	0
Tomato												
regular		50	0	0	0	0	0	680	10	2	7	2
large		100	0	0	0	0	0	1360	20	4	14	4

Beverages (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Milks												
Skim	regular	90	0	0	0	0	less than 5	130	13	0	12	8
	large	180	0	0	0	0	10	260	26	0	24	16
Reduced Fat	regular	130	45	5	3	0	20	130	12	0	12	8
	large	260	90	10	6	0	40	260	24	0	24	16
Whole	regular	150	70	8	5	0	35	120	12	0	11	8
	large	300	140	16	10	0	70	240	24	0	22	16
Chocolate	regular	230	80	9	5	0	35	190	30	0	28	9
	large	460	150	17	11	1	70	370	61	0	57	17
Hot Tea												
Hot Tea		0	0	0	0	0	0	0	0	0	0	0
Ice Tea												
Unsweet		0	0	0	0	0	0	0	less than 1	0	0	0
Sweet		130	0	0	0	0	0	0	34	0	34	0
Raspberry		70	0	0	0	0	0	5	17	0	16	0
Lemonade												
Regular		200	0	0	0	0	0	15	47	0	21	2
Raspberry		230	0	0	0	0	0	20	55	0	29	2
Stewart's Sodas												
Stewart's Diet Root Beer		0	0	0	0	0	0	35	0	0	0	0
Stewart's Root Beer		210	0	0	0	0	0	70	55	0	55	0
Stewart's Orange n' Cream		250	0	0	0	0	0	85	64	0	64	0
Soft Drinks												
Diet Coke		0	0	0	0	0	0	65	0	0	0	0
Coca-Cola Classic		200	0	0	0	0	0	70	56	0	56	0
Diet Dr Pepper		0	0	0	0	0	0	85	0	0	0	0
Dr Pepper		210	0	0	0	0	0	85	56	0	54	0
Fanta Orange		220	0	0	0	0	0	85	64	0	63	0
Mello Yello		230	0	0	0	0	0	60	63	0	63	0
Sprite		220	0	0	0	0	0	55	58	0	58	0
Other Beverages												
English Mountain Bottled Water		0	0	0	0	0	0	5	0	0	0	0
Frozen Mug Apple Cider		180	0	0	0	0	0	40	47	0	39	0
Hot Chocolate: with whipped cream		210	60	6	5	0	10	230	36	1	25	3
Desserts												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Favorites												
Blackberry Cobbler: with one scoop ice cream		470	130	15	9	0	50	220	75	3	52	8
Peach Cobbler: with one scoop ice cream		490	200	22	11	0	50	230	68	1	49	6
Double Fudge Coca-Cola® Cake: with one scoop ice cream		790	300	33	14	0	65	310	115	3	96	9
Apple Dumplin: with two scoops ice cream		1720	660	73	30	0	95	1610	246	8	118	18
Pies												
All American Apple Pie: with one scoop ice cream		490	210	24	10	0	30	330	65	3	19	7
Frozen Mug Sundaes												
Butterscotch Caramel		640	290	32	17	0	90	230	80	1	61	11
Hot Fudge		660	350	39	22	0	85	220	70	2	59	11
Strawberry		590	270	30	15	0	85	125	71	1	63	10
Ice Cream Floats												
Orange n' Cream Soda		490	120	13	9	0	50	160	89	0	87	4
Root Beer		450	120	13	9	0	50	140	79	0	78	4

Seasonal Offerings

Seasonal Offerings: Available 10/30/17 - 12/31/17												
Breakfast	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Cinnamon Streusel French Toast Breakfast: three pancakes with cream cheese icing plus two eggs	1160	470	52	21	0.5	420	1010	148	5	78	27	
plus Real Butter Scoop	110	110	12	8	0	30	90	0	0	0	0	
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	13	
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	15	
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	10	
Cinnamon Streusel French Toast Only: three pancakes cream cheese icing	1010	380	42	18	0.5	35	860	145	4	77	13	
plus 100% Pure Natural Syrup	150	0	0	0	0	0	0	39	0	37	0	
Holiday Sampler n' Cinnamon Biscuit Breakfast: two eggs, grits, fried apples, hashbrown casserole, one cinnamon biscuit, sampling of thick-sliced bacon, smoked sausage and country ham	1210	490	55	21	0.5	490	2280	127	9	53	53	
plus choice of All the Fixins	See (page 2) for nutritional information											
Chicken n' Biscuit Breakfast: two chicken biscuits, two eggs and cranberry chutney	1030	420	46	12	0	455	2180	108	5	27	47	
plus choice of	Fried Apples	160	15	1.5	0	0	30	36	3	27	0	
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	5	
	Fresh Seasonal Fruit	50	0	0	0	0	0	12	2	9	less than 1	
Lunch Dinner	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Mushroom Braised Pot Roast: with mashed potatoes	760	430	48	19	0	275	1020	9	0	1	70	
plus choice of One Country Vegetable n' Side	See (page 9) for nutritional information											
Southern Chicken Biscuits: two chicken biscuits	880	330	37	9	0	70	2030	104	4	26	33	
plus choice of Two Country Vegetable n' Sides	See (page 9) for nutritional information											
plus Biscuits or Corn Muffins and Butter	See (page 10) for nutrition information											
Breakfast and Lunch Dinner a la carte	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Glazed Cinnamon Biscuits: two biscuits	690	440	49	27	0	285	260	58	0	43	8	
Dessert	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Pumpkin Pie: one slice with vanilla ice cream	530	210	23	10	0	85	550	73	2	48	7	
Pecan Pie: one slice with vanilla ice cream	750	310	34	12	0	130	340	101	2	47	10	
Chocolate Pecan Pie: one slice with vanilla ice cream	820	310	35	12	0	130	390	118	4	56	10	
Apple Strusel Pie: one slice with vanilla ice cream	750	250	28	11	0	145	610	119	6	64	8	
Apple Pie (No-Sugar Added): one slice with vanilla ice cream	490	210	24	10	0	30	330	65	3	19	7	