



NUTRITION GUIDE

This information is applicable as of 10/29/18

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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," "Sunday Homestyle Chicken", "Momma's Pancake Breakfast," and "Cracker Barrel," are service marks/trademarks of CBOCS Properties, Inc. ©2018 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 | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| 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 | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | 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 | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| | 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 | | 930 | 400 | 44 | 16 | 0 | 485 | 1870 | 84 | 10 | 27 | 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 | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | Hashbrown Casserole | 190 | 70 | 8 | 3 | 0 | 10 | 350 | 24 | 2 | 0 | 5 |
| | plus choice of Fried Chicken Tenderloins: with sawmill gravy | 710 | 360 | 40 | 11 | 0 | 80 | 1860 | 50 | 16 | 3 | 37 |
| | Country Fried Steak | 600 | 250 | 28 | 8 | 0 | 65 | 1410 | 50 | 1 | 2 | 37 |
| The Cracker Barrel's Country Boy Breakfast®: three eggs, fried apples, hashbrown casserole and grits | | 670 | 240 | 26 | 9 | 0 | 590 | 740 | 80 | 10 | 27 | 27 |
| | plus choice of Sirloin Steak | 320 | 100 | 11 | 6 | 0 | 135 | 240 | less than 1 | less than 1 | less than 1 | 54 |
| | 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 | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| | 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 | | 750 | 470 | 52 | 19 | 0 | 675 | 1200 | 21 | 2 | 1 | 49 |

| 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 | Store 87 | Tenders |
| plus choice of | Fried Apples | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | 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 | 1.5 | 0 | 50 | 330 | less than 1 | less than 1 | 0 | 19 |
| | U.S. Farm-Raised Catfish Fillet: fried | 400 | 290 | 32 | 7 | 0 | 60 | 580 | 9 | 1 | 3 | 18 |
| | 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 | 420 | 210 | 23 | 6 | 0 | 50 | 1130 | 30 | 10 | less than 1 | 23 |
| | 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) | Protein (g) |
| choice of | Biscuit: each | 160 | 50 | 6 | 2 | 0 | 0 | 310 | 23 | less than 1 | 1 | 3 |
| | Sawmill Gravy: single serving | 160 | 90 | 10 | 4 | 0 | 10 | 320 | 12 | less than 1 | 4 | 5 |
| | Sawmill Gravy: family portion | 400 | 230 | 26 | 10 | 0 | 30 | 810 | 30 | 1 | 11 | 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 with butter | | 760 | 260 | 29 | 11 | 0 | 50 | 2720 | 118 | 5 | 14 | 9 |
| plus | Wild Maine Blueberry Syrup | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 39 | 0 |
| Buttermilk Pancakes with Fruit Topping: three pancakes | | 630 | 150 | 17 | 3 | 0 | 20 | 2020 | 109 | 6 | 10 | 11 |
| 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 | 390 | 120 | 14 | 6 | 0 | 20 | 130 | 67 | 6 | 50 | 1 |
| French Toast: four slices with butter | | 860 | 400 | 44 | 16 | 0 | 365 | 780 | 88 | 4 | 12 | 26 |
| plus choice of | Sweet Toppings | on (page 3) for nutritional information | | | | | | | | | | |
| 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 | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | 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 | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| | Link Sausage: three links (regional) | 210 | 150 | 17 | 5 | 0 | 50 | 460 | 1 | less than 1 | 2 | 13 |

| 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: See Sweet Toppings section below for nutritional information | | | | | | | | | | | | |
| Momma's Pancake Breakfast: three pancakes with butter and and two eggs | | 890 | 340 | 38 | 14 | 0 | 440 | 2250 | 112 | 7 | 11 | 25 |
| plus choice of | Turkey Sausage: two patties | 110 | 50 | 6 | 2 | 0 | 55 | 460 | 1 | 0 | 0 | 13 |
| | Thick-Sliced Bacon: three slices | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| | 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 with butter and two eggs | | 1010 | 480 | 54 | 19 | 0 | 750 | 930 | 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 | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| | 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 with butter | | 740 | 260 | 29 | 11 | 0 | 55 | 2110 | 109 | 6 | 10 | 11 |
| Pecan Pancakes: three pancakes with butter | | 1130 | 620 | 70 | 14 | 0 | 50 | 2720 | 119 | 8 | 12 | 15 |
| Granola Sampler: two eggs, two pancakes with butter, one slice of bacon and one smoked sausage | | 870 | 430 | 48 | 19 | 0 | 475 | 1930 | 77 | 5 | 7 | 32 |
| with choice of | Sugar Cured Ham | 90 | 30 | 3.5 | 1 | 0 | 30 | 940 | 2 | 0 | less than 1 | 12 |
| | Country Ham Sampler | 140 | 60 | 6 | 2.5 | 0 | 50 | 840 | 3 | less than 1 | 0 | 16 |
| plus choice of | Fried Apples | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | Hashbrown Casserole | 190 | 70 | 8 | 3 | 0 | 10 | 350 | 24 | 2 | 0 | 5 |
| Sweet Toppings | | 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 |
| 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 | | 390 | 120 | 14 | 6 | 0 | 20 | 130 | 67 | 6 | 50 | 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, coarse ground grits, tomatoes and seasonal fruit | | 310 | 70 | 8 | 2 | 0 | 55 | 830 | 32 | 3 | 11 | 27 |
| Fresh Fruit n' Yogurt Parfait Breakfast: fruit n' yogurt parfait, turkey sausage and two egg whites | | 510 | 130 | 14 | 3.5 | 0 | 65 | 770 | 65 | 6 | 41 | 33 |
| Apple n' Cinnamon Oatmeal: with reduced fat milk | | 340 | 50 | 6 | 2 | 0 | 5 | 250 | 64 | 6 | 28 | 8 |
| Available with | Wild Maine Blueberry Muffin | 360 | 150 | 16 | 4 | 0 | 90 | 550 | 46 | 4 | 46 | 6 |
| Sunrise 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) |
| Egg Sandwich: two eggs on sourdough with tomato and mayo | | 480 | 230 | 24 | 6 | 0 | 330 | 400 | 44 | 3 | 7 | 21 |
| plus choice of | Fried Apples | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | Hashbrown Casserole | 190 | 70 | 8 | 3 | 0 | 10 | 350 | 24 | 2 | 0 | 5 |
| Apple n' Cinnamon Oatmeal: oatmeal with reduced fat milk | | 340 | 50 | 6 | 2 | 0 | 5 | 250 | 64 | 6 | 28 | 8 |
| One Egg n' Bacon or Sausage: one egg, two biscuits | | 390 | 180 | 20 | 6 | 0 | 160 | 700 | 47 | 1 | 2 | 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 | 120 | 90 | 10 | 4 | 0 | 30 | 200 | less than 1 | 0 | 0 | 7 |
| | Thick-Sliced Bacon: two slices | 140 | 100 | 11 | 4 | 0 | 30 | 310 | 0 | 0 | 0 | 9 |
| | Link Sausage: two links (regional) | 140 | 100 | 11 | 3.5 | 0 | 35 | 310 | less than 1 | 0 | 1 | 9 |
| Plus choice of | real butter and preserves | for nutritional information | | | | | | | | | | |
| Meat Biscuits n' Hashbrown Casserole or Fried Apples | | | | | | | | | | | | |
| your choice of two | Country Ham Biscuit | 240 | 90 | 10 | 3.5 | 0 | 30 | 810 | 25 | less than 1 | 1 | 13 |
| | Smoked Sausage Biscuit | 280 | 140 | 16 | 6 | 0 | 30 | 510 | 24 | less than 1 | 1 | 10 |
| | Turkey Sausage Biscuit | 210 | 80 | 9 | 3 | 0 | 30 | 540 | 23 | less than 1 | 1 | 10 |
| | Thick-sliced Bacon Biscuit | 230 | 100 | 12 | 4 | 0 | 15 | 460 | 23 | less than 1 | 1 | 8 |
| plus choice of | Fried Apples | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | Hashbrown Casserole | 190 | 70 | 8 | 3 | 0 | 10 | 350 | 24 | 2 | 0 | 5 |
| Biscuits n' Gravy with Bacon or Sausage: three biscuits and sawmill gravy | | 710 | 300 | 34 | 12 | 0 | 20 | 1420 | 86 | 2 | 10 | 17 |
| plus choice of | Turkey Sausage: two patties | 110 | 50 | 6 | 2 | 0 | 55 | 460 | 1 | 0 | 0 | 13 |
| | Thick-Sliced Bacon: three slices | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| | 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, southwestern sausage, sweet pepper n' red skin hash | | 550 | 330 | 37 | 12 | 0 | 420 | 1130 | 30 | 5 | 4 | 27 |
| Southwestern Scramble: with two eggs, chiles, sweet pepper n' red skin hash, onions, green peppers, tomatoes, salsa | | 670 | 350 | 39 | 17 | 0.5 | 685 | 1460 | 37 | 6 | 11 | 40 |
| plus choice of | Fried Apples | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | Hashbrown Casserole | 190 | 70 | 8 | 3 | 0 | 10 | 350 | 24 | 2 | 0 | 5 |

| 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) | |
|--|----------------|--------------------------------------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|-------------|
| 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 | | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 | |
| Gravy n' Biscuits | | 710 | 300 | 34 | 12 | 0 | 20 | 1420 | 86 | 2 | 10 | 17 | |
| Hashbrown Casserole | | 190 | 70 | 8 | 3 | 0 | 10 | 350 | 24 | 2 | 0 | 5 | |
| Loaded Hashbrown Casserole | | 350 | 190 | 21 | 10 | 0 | 50 | 730 | 25 | 2 | less than 1 | 15 | |
| Hashbrown Casserole, Fried Apples n' Biscuit | | 520 | 150 | 17 | 6 | 0 | 10 | 710 | 84 | 9 | 28 | 9 | |
| Pork Chop | | 250 | 110 | 13 | 5 | 0 | 90 | 350 | 0 | 1 | 0 | 35 | |
| Sausage n' Biscuit | | 280 | 140 | 16 | 6 | 0 | 30 | 510 | 24 | less than 1 | 1 | 10 | |
| Sawmill Gravy | | 160 | 90 | 10 | 4 | 0 | 10 | 320 | 12 | less than 1 | 4 | 5 | |
| Smoked Sausage Patties: two patties | | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 | |
| Sugar Cured Ham | | 180 | 60 | 7 | 2.5 | 0 | 55 | 1180 | 4 | less than 1 | 2 | 24 | |
| Thick-Sliced Bacon: three slices | | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 | |
| Two Eggs n' Biscuits | | 460 | 190 | 22 | 7 | 0 | 385 | 770 | 47 | 2 | 3 | 20 | |
| Wild Maine Blueberry Muffin | | 360 | 150 | 16 | 4 | 0 | 90 | 550 | 46 | 4 | 46 | 6 | |
| Sweet Pepper n' Red Skin Hash (regional) | | 150 | 50 | 5 | 1 | 0 | 0 | 85 | 24 | 3 | 3 | 3 | |
| Bacon or Sausage with Fried Apples or Hashbrown Casserole | | | | | | | | | | | | | |
| | your choice of | Fried Apples | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| | | 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 | 210 | 150 | 17 | 6 | 0 | 40 | 460 | 0 | 0 | 0 | 14 |
| | | Smoked Sausage Patties: two patties | 240 | 180 | 19 | 8 | 0 | 60 | 390 | 2 | 0 | 0 | 13 |
| | | Link Sausage: three links (regional) | 210 | 150 | 17 | 5 | 0 | 50 | 460 | 1 | less than 1 | 2 | 13 |
| 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) | |
| 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 | 3.5 | 0 | 140 | 610 | 6 | 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 | 630 | 250 | 27 | 6 | 0 | 115 | 2180 | 54 | 7 | 13 | 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 | 0 | 95 | 1480 | 75 | 2 | 1 | 36 |
| 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 | 570 | 230 | 26 | 6 | 0 | 140 | 1480 | 40 | 7 | 5 | 43 |
| | plus choice of One Country Vegetable n' Side | 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 | 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 | 630 | 250 | 27 | 6 | 0 | 115 | 2180 | 54 | 7 | 13 | 43 |
| | plus choice of One Country Vegetable n' Side | for nutritional information | | | | | | | | | | |
| Monday-Friday: Pick 2 Combo | | | | | | | | | | | | |
| | choice 1: Three Cheese Grilled Cheese | 560 | 320 | 36 | 16 | 0 | 65 | 910 | 40 | 3 | 4 | 22 |
| | choice 2: Country House Salad: with grilled chicken | 340 | 150 | 17 | 6 | 0 | 65 | 890 | 21 | 4 | 8 | 25 |
| | Salad Dressing 2 oz. | for nutritional information | | | | | | | | | | |
| | choice 3: Baked Potato: with butter and sour cream | 470 | 160 | 18 | 11 | 0 | 50 | 150 | 69 | 7 | 4 | 9 |
| | choice 4: Baked Sweet Potato: with butter and brown sugar | 350 | 110 | 13 | 8 | 0 | 30 | 170 | 58 | 8 | 23 | 5 |
| | choice 5: Cup of Soup | 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 | 180 | 140 | 15 | 2.5 | 0 | 15 | 120 | 10 | 0 | 10 | 0 |
| French Dip with Au Jus | | 790 | 390 | 44 | 15 | 0 | 245 | 2260 | 60 | 2 | 6 | 41 |
| Open-Faced Roast Beef | | 700 | 300 | 33 | 13 | 1 | 135 | 950 | 52 | 2 | 6 | 51 |

| 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 | 790 | 400 | 45 | 16 | 0 | 140 | 1390 | 48 | 4 | 12 | 51 |
| | Fried Chicken Tenderloins | 950 | 520 | 58 | 20 | 0 | 115 | 1670 | 66 | 10 | 7 | 44 |
| Grilled Reuben (regional) | | 900 | 600 | 67 | 32 | 0 | 150 | 1420 | 28 | 7 | less than 1 | 48 |
| Chile Jack Chicken (regional) | | 660 | 280 | 31 | 12 | 0.5 | 150 | 1230 | 51 | 5 | 11 | 47 |
| 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 Homestyle Fries | | 310 | 90 | 10 | 2 | 0 | 0 | 720 | 50 | 3 | 0 | 5 |
| 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 |
| Signature Double Cheeseburger | | 910 | 510 | 56 | 22 | 1.5 | 205 | 850 | 40 | 2 | 11 | 58 |
| 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 | | 600 | 250 | 28 | 8 | 0 | 65 | 1410 | 50 | 1 | 2 | 37 |
| Chicken Fried Chicken: Sunday Homestyle Chicken with Sawmill Gravy | | 1430 | 870 | 97 | 21 | 0 | 185 | 3370 | 71 | 6 | 4 | 69 |
| 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 dressing | 260 | 140 | 15 | 6 | 0 | 35 | 600 | 19 | 3 | 5 | 12 |
| | Salad Dressing: 2 oz. | for nutritional information | | | | | | | | | | |
| Grilled Sirloin Steak | | 320 | 100 | 11 | 6 | 0 | 135 | 240 | less than 1 | less than 1 | less than 1 | 54 |
| 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 dressing | 260 | 130 | 15 | 6 | 0 | 35 | 600 | 21 | 3 | 5 | 12 |
| | Salad Dressing: 2 oz. | for nutritional information | | | | | | | | | | |
| U.S. Farm-Raised Catfish: 2 fillets | | | | | | | | | | | | |
| your choice of | Spicy Grilled | 260 | 100 | 11 | 3 | 0 | 95 | 650 | 2 | 1 | less than 1 | 38 |
| | Fried: with hushpuppies and tartar sauce | 810 | 510 | 57 | 12 | 0 | 115 | 1390 | 35 | 4 | 5 | 38 |
| Country Fried Shrimp: with hushpuppies and cocktail sauce | | 710 | 300 | 33 | 8 | 0 | 145 | 2570 | 76 | 15 | 9 | 27 |
| 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 | 630 | 310 | 34 | 9 | 0 | 75 | 1690 | 44 | 16 | less than 1 | 35 |
| 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 |
| Haddock | | 380 | 130 | 15 | 3 | 0 | 130 | 660 | 14 | 1 | 1 | 49 |
| Lemon Pepper Grilled Rainbow Trout: two fillets | | 330 | 130 | 14 | 3.5 | 0 | 140 | 610 | 6 | less than 1 | 0 | 43 |
| Cracker Barrel Sampler (regional) | | | | | | | | | | | | |
| plus choice of | Sugar Cured Ham | 90 | 30 | 3.5 | 1 | 0 | 30 | 940 | 2 | 0 | less than 1 | 12 |
| | Country Ham | 140 | 60 | 6 | 2.5 | 0 | 50 | 840 | 3 | less than 1 | 0 | 16 |
| Chile Jack Grilled 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) | | | | | | | | | | | | |
| Fried 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 | | 420 | 210 | 23 | 6 | 0 | 50 | 1130 | 30 | 10 | less than 1 | 23 |
| | 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 |
| 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 | 0 | 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 | 3 | 0 | 0 | 22 |
| U.S. Farm Raised Catfish Fillet: 1 fillet | | | | | | | | | | | | |
| | your choice of Spicy Grilled | 130 | 50 | 5 | 1.5 | 0 | 50 | 330 | less than 1 | less than 1 | 0 | 19 |
| | Fried | 400 | 290 | 32 | 7 | 0 | 60 | 580 | 9 | 1 | 3 | 18 |
| Homemade Chicken n' Dumplings | | 340 | 60 | 7 | 2 | 0 | 70 | 1300 | 41 | 5 | 1 | 28 |
| Country Vegetable Plate | choice of four vegetables n' sides | for nutritional information | | | | | | | | | | |
| Grilled Southwest Sausage (regional) | | 510 | 390 | 43 | 16 | 0 | 75 | 1790 | 8 | 2 | less than 1 | 20 |
| Signature Fried Chicken | | 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) |
| 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) | | | | | | | | | | | | |
| Signature Fried Chicken | | 1640 | 900 | 100 | 23 | 0 | 475 | 4730 | 78 | 9 | 0 | 108 |
| Sunday Homestyle Chicken | | 1350 | 820 | 92 | 19 | 0 | 180 | 3200 | 65 | 6 | 2 | 66 |
| 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 | | 630 | 340 | 38 | 9 | 0.5 | 300 | 1480 | 26 | 6 | 8 | 47 |
| Country Chef Salad | | 610 | 340 | 38 | 14 | 0 | 280 | 1650 | 24 | 5 | 8 | 45 |
| | plus choice of Salad Dressing: 2.5 oz. | for nutritional information | | | | | | | | | | |
| Grilled Chicken Salad | | 610 | 310 | 34 | 14 | 0 | 295 | 1300 | 28 | 6 | 12 | 48 |
| | plus choice of Salad Dressing: 2.5 oz. | for nutritional information | | | | | | | | | | |
| Fried Chicken Salad | | 870 | 480 | 53 | 20 | 0 | 280 | 1860 | 53 | 15 | 8 | 47 |
| | plus choice of Salad Dressing: 2.5 oz. | for nutritional information | | | | | | | | | | |
| House Salad | | 260 | 140 | 15 | 6 | 0 | 35 | 600 | 19 | 3 | 5 | 12 |
| | plus choice of Salad Dressing: 2 oz. | 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 | | 630 | 340 | 38 | 9 | 0.5 | 300 | 1480 | 26 | 6 | 8 | 47 |
| Apple Cider BBQ Chicken Breast | | 290 | 35 | 4 | 1 | 0 | 150 | 610 | 21 | 8 | 12 | 42 |
| Grilled Chicken Tenderloins: four tenders | | 150 | 40 | 4 | 1 | 0 | 65 | 570 | 5 | 1 | 5 | 24 |
| Lemon Pepper Grilled Rainbow Trout: one fillet | | 160 | 60 | 7 | 2 | 0 | 70 | 300 | 3 | 0 | 0 | 22 |
| Wholesome Fixin's Vegetable Platter | choice of three sides | See (page 9) for nutritional information | | | | | | | | | | |

| 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 |
| Cole Slaw | | 250 | 190 | 21 | 3 | 0 | 20 | 170 | 14 | 0 | 13 | 0 |
| Corn Bread Dressing (Mon, Thurs) | | 310 | 160 | 18 | 3.5 | 0 | 25 | 960 | 33 | 5 | 4 | 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 | | 170 | 20 | 2 | 0.5 | 0 | 0 | 45 | 37 | 6 | 26 | less than 1 |
| Hashbrown Casserole | | 190 | 70 | 8 | 3 | 0 | 10 | 350 | 24 | 2 | 0 | 5 |
| Loaded Hashbrown Casserole | | 350 | 190 | 21 | 10 | 0 | 50 | 730 | 25 | 2 | less than 1 | 15 |
| Homestyle Fries | | 310 | 90 | 10 | 2 | 0 | 0 | 720 | 50 | 3 | 0 | 5 |
| 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 | 10 | 0 | 0.5 | 0 | 0 | less than 5 | 170 | 2 | 0 | 0 | less than 1 |
| | Brown Gravy | 20 | 10 | 1 | 0 | 0 | 0 | 140 | 2 | 0 | 0 | less than 1 |
| | Sawmill Gravy | 40 | 25 | 2.5 | 1 | 0 | less than 5 | 80 | 3 | 0 | 1 | 1 |
| Mixed Green Side Salad | | 15 | 0 | 0 | 0 | 0 | 0 | 5 | 3 | 2 | 2 | 1 |
| | plus choice of Salad Dressing | | | | | | | | | | | |
| 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 | | 90 | 10 | 1 | 0 | 0 | 15 | 140 | 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 | 120 | 40 | 4.5 | 2 | 0 | 40 | 510 | 11 | 1 | less than 1 | 10 |
| | bowl | 240 | 80 | 9 | 3.5 | 0 | 80 | 1020 | 22 | 3 | 1 | 19 |
| Chicken n' Rice | cup | 160 | 20 | 2.5 | 0.5 | 0 | 60 | 680 | 15 | 1 | 3 | 21 |
| | bowl | 330 | 40 | 4.5 | 1 | 0 | 120 | 1350 | 30 | 2 | 6 | 42 |
| 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 |
| Country Potato | cup | 120 | 25 | 3 | 1 | 0 | less than 5 | 620 | 20 | 2 | 2 | 4 |
| | bowl | 240 | 50 | 6 | 1.5 | 0 | less than 5 | 1240 | 40 | 5 | 4 | 8 |

| 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) |
|---|------|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|
| Potato | cup | 110 | 20 | 2 | 0.5 | 0 | 0 | 580 | 19 | 2 | 4 | 3 |
| | bowl | 210 | 35 | 4 | 1 | 0 | less than 5 | 1120 | 36 | 4 | 7 | 7 |
| Turkey Noodle | cup | 120 | 10 | 1.5 | 0 | 0 | 55 | 640 | 12 | 1 | 4 | 16 |
| | bowl | 250 | 20 | 2.5 | 0.5 | 0 | 115 | 1290 | 24 | 3 | 8 | 32 |
| 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 | 5 |
| Multigrain: one slice | | 100 | 15 | 2 | 0 | 0 | 0 | 180 | 19 | 1 | 2 | 3 |
| Sourdough: one slice | | 110 | 20 | 2 | 0 | 0 | 0 | 85 | 21 | 1 | 3 | 3 |
| 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 |
| Best Preserves n' Jam: each | | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 11 | 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 |
| Other | | | | | | | | | | | | |
| Hushpuppies: each | | 50 | 20 | 2.5 | 0 | 0 | 0 | 115 | 7 | 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 |
| Kid's Breakfast Menu | | | | | | | | | | | | |
| Two Buttermilk Pancakes with butter | | 530 | 210 | 23 | 10 | 0 | 45 | 1430 | 73 | 4 | 7 | 7 |
| plus choice of Sweet Toppings | for nutritional information | | | | | | | | | | | |
| One Buttermilk Pancake with butter | | 320 | 160 | 18 | 9 | 0 | 40 | 760 | 36 | 2 | 3 | 4 |
| plus choice of Sweet Toppings | 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 |
| | 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 |
| One Egg n' Biscuit | | 230 | 120 | 13 | 3.5 | 0 | 160 | 380 | 24 | less than 1 | 1 | 10 |
| Fresh Fruit n' Vanilla 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 |
| | Smoked Sausage Patty: one patty | 120 | 90 | 10 | 4 | 0 | 30 | 200 | less than 1 | 0 | 0 | 7 |
| | Thick-Sliced Bacon: two slices | 140 | 100 | 11 | 4 | 0 | 30 | 310 | 0 | 0 | 0 | 9 |
| | Link Sausage: two links (regional) | 140 | 100 | 11 | 3.5 | 0 | 35 | 310 | less than 1 | 0 | 1 | 9 |
| Kid's Homestyle Meals | | | | | | | | | | | | |
| | | 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 Homestyle Meals come with a beverage (page 11 & 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 | | 310 | 150 | 17 | 4.5 | 0 | 40 | 850 | 22 | 8 | 0 | 18 |
| plus choice of 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 |
| Country Fried Shrimp: with a hushpuppy and cocktail sauce | | 370 | 150 | 16 | 4 | 0 | 80 | 1470 | 41 | 8 | 8 | 15 |
| Kid's Sandwiches Entrees | | | | | | | | | | | | |
| | | 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 Kid's Sandwiches come with your choice of a select beverage (see page 11 & 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 | | | | | | | | | | | | |
| | | 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 Kid's Country Plates come with your choice of a select beverage (see page 11 & 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 | 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 |

| Kid's 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) |
|------------------------------|----------------------|-------------|----------------------|----------------------|---------------------|----------------------|----------------------|--------------------|-------------------------|------------------|-------------------|--------------------|
| Juices (continued) | | | | | | | | | | | | |
| 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 |
| 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 | | 210 | 60 | 7 | 4 | 0 | 25 | 90 | 30 | 0 | 24 | 6 |
| Kid's 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) |
| Ice Cream: two scoops | | 230 | 120 | 13 | 9 | 0 | 50 | 75 | 25 | 0 | 23 | 4 |
| Nut Sundaes | | | | | | | | | | | | |
| | with hot fudge sauce | 280 | 150 | 16 | 9 | 0 | 30 | 90 | 30 | 1 | 24 | 4 |
| | with caramel Sauce | 200 | 110 | 12 | 6 | 0 | 30 | 45 | 20 | less than 1 | 15 | 4 |
| | with chocolate sauce | 200 | 110 | 12 | 6 | 0 | 30 | 40 | 20 | less than 1 | 16 | 4 |
| 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) |
| Coffee | | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| Crafted Coffee | | | | | | | | | | | | |
| Plain Latte | Iced | 90 | 30 | 3.5 | 2 | 0 | 15 | 90 | 8 | 0 | 8 | 6 |
| | Hot | 140 | 50 | 5 | 3 | 0 | 20 | 140 | 13 | 0 | 13 | 9 |
| Vanilla Latte | Iced | 190 | 60 | 6 | 4 | 0 | 25 | 75 | 28 | 0 | 25 | 5 |
| | Hot | 230 | 70 | 8 | 5 | 0 | 30 | 115 | 31 | 0 | 29 | 7 |
| Caramel Latte | Iced | 210 | 60 | 7 | 4 | 0 | 25 | 80 | 31 | 0 | 27 | 5 |
| | Hot | 250 | 70 | 8 | 5 | 0 | 30 | 120 | 35 | 0 | 31 | 7 |
| Mocha | Iced | 260 | 60 | 7 | 4 | 0 | 25 | 100 | 43 | 0 | 37 | 6 |
| | Hot | 310 | 80 | 9 | 5 | 0 | 30 | 150 | 47 | 0 | 41 | 9 |
| Goo Goo Cluster Latte | Iced | 260 | 70 | 8 | 4.5 | 0 | 25 | 200 | 41 | 0 | 35 | 5 |
| | Hot | 280 | 90 | 10 | 6 | 0 | 30 | 210 | 39 | 0 | 33 | 8 |
| 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 | | 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 | | 230 | 0 | 0 | 0 | 0 | 0 | 20 | 55 | 0 | 25 | 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 |
| 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 |
| Crafted Sodas | | | | | | | | | | | | |
| Blue Sky Blood Orange | | 190 | 0 | 0 | 0 | 0 | 0 | 15 | 49 | 0 | 48 | 0 |
| Blue Sky Black Cherry | | 190 | 0 | 0 | 0 | 0 | 0 | 15 | 44 | 0 | 43 | 0 |
| Other Beverages | | | | | | | | | | | | |
| English Mountain Bottled Water | | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Chilled Apple Cider | | 210 | 0 | 0 | 0 | 0 | 0 | 45 | 54 | 0 | 46 | 0 |
| Hot Chocolate | Kid's | 210 | 60 | 7 | 4 | 0 | 25 | 90 | 30 | 0 | 24 | 6 |
| | Regular | 380 | 90 | 10 | 6 | 0 | 35 | 170 | 61 | 0 | 51 | 11 |
| Desserts | | | | | | | | | | | | |
| Favorites | | | | | | | | | | | | |
| Blackberry Cobbler: with one scoop ice cream | | 460 | 100 | 11 | 6 | 0 | 35 | 240 | 82 | 4 | 53 | 8 |
| Peach Cobbler: with one scoop ice cream | | 490 | 180 | 20 | 9 | 0 | 35 | 260 | 72 | 2 | 49 | 5 |
| 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 | | 1710 | 660 | 73 | 30 | 0 | 95 | 1600 | 246 | 8 | 118 | 18 |
| Pies | | | | | | | | | | | | |
| All American Apple Pie: with one scoop ice cream | | 460 | 200 | 23 | 10 | 0 | 25 | 310 | 60 | 3 | 17 | 6 |

Seasonal Offerings

| Seasonal Offerings: Available 10/29/18 - 12/30/18 | | | | | | | | | | | | |
|--|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-----------|------------|-------------|---|
| 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) | |
| Country Fried Turkey comes with your choice of one Side (see page 9 for nutritional information) and Biscuits or Corn Muffins and Real Butter(see page 10 for nutritional information) | | | | | | | | | | | | |
| Country Fried Turkey: fried turkey filets, pan gravy, fresh parsley, cranberry relish and green bean casserole | 1010 | 210 | 24 | 9 | 0 | 180 | 4700 | 128 | 7 | 13 | 67 | |
| 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) | |
| Green Bean Casserole: topped with fried onion straws | 130 | 60 | 6 | 3 | 0 | 15 | 720 | 15 | 2 | 3 | 4 | |
| 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) | |
| Spiced Apple Tea | 140 | 0 | 0 | 0 | 0 | 0 | 20 | 36 | 0 | 32 | 0 | |
| Southern Praline Latte | Iced | 290 | 80 | 9 | 5 | 0 | 25 | 90 | 46 | 8 | 32 | 7 |
| | Hot | 310 | 90 | 10 | 6 | 0 | 30 | 125 | 44 | 8 | 30 | 9 |
| 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 whipped 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 | 840 | 320 | 36 | 12 | 0 | 130 | 400 | 121 | 4 | 57 | 10 | |
| Apple Pecan Streusel Pie: one slice with vanilla ice cream | 760 | 250 | 28 | 11 | 0 | 175 | 620 | 121 | 6 | 65 | 8 | |
| Apple Pie (No-Sugar Added): one slice with no-sugar added vanilla ice cream | 460 | 200 | 23 | 10 | 0 | 25 | 310 | 60 | 3 | 17 | 6 | |
| Salted Caramel Ice Cream: one scoop | 140 | 60 | 7 | 3.5 | 0 | 20 | 105 | 18 | 0 | 12 | 2 | |