



NUTRITIONAL FACTS N' FIGURES

This information is applicable as of 8/11/20



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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. ©2020 CBOCS Properties, Inc. The Coca-Cola® trademark is being used with the permission of the Coca-Cola Company.



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		230	110	12	3.5	0	385	280	16	less than 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
Sunrise Sampler®: two eggs, grits, fried apples, hashbrown casserole, sampling of thick-sliced bacon, smoked sausage and country ham		920	400	44	16	0	485	1870	82	10	27	49
Grandpa's Country Fried Breakfast®: two eggs and grits		230	110	12	3.5	0	385	280	16	less than 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 Country Fried Steak	600	250	28	8	0	65	1410	50	1	2	37
	Fried Chicken Tenders with Sawmill Gravy	710	360	40	11	0	80	1860	50	16	3	37
The Cracker Barrel's Country Boy Breakfast®: three eggs, fried apples, hashbrown casserole and grits		660	310	35	9	0	490	740	79	9	27	27
	plus choice of Sirloin Steak	350	150	17	5	0.5	150	210	1	less than 1	0	49
	Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Country Ham	540	230	26	10	0	190	3360	12	3	0	66
Smokehouse Breakfast®: two eggs and grits		230	110	12	3.5	0	385	280	16	less than 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
Good Morning Breakfast: two Egg Whites, coarse ground grits, tomatoes and seasonal fruit		300	70	8	2	0	55	830	31	3	11	27
Country Morning Breakfast: two eggs and grits		230	110	12	3.5	0	385	280	16	less than 1	less than 1	15
Double Meat Breakfast: three eggs, grits, thick sliced bacon and smoked sausage patties		740	550	61	19	0	575	1200	20	1	1	49
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

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		230	110	12	3.5	0	385	280	16	less than 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	Sugar Cured Ham	220	130	15	3.5	0	55	960	1	0	1	18
	Hickory-Smoked Country Ham	270	120	13	5	0	95	1680	6	1	0	33
	Fried Chicken Tenders	420	210	23	6	0	50	1130	30	10	1	23
	Hamburger Steak seasoned with garlic butter	440	280	31	11	1.5	125	200	1	less than 1	0	36
	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
Bacon n' Egg Hashbrown Casserole: Hashbrown Casserole, Scrambled Eggs, Bacon, Cheese, Fried Onions, Green Onions, and Diced Tomatoes		980	550	61	25	0	490	1820	59	6	3	49
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)
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	3	14	9
plus	Blueberry Syrup	200	0	0	0	0	0	0	50	0	39	0
Buttermilk Pancakes with Fruit Topping: three pancakes		630	150	16	3	0	20	2640	111	0	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	390	120	14	6	0	20	130	67	6	50	1
Buttermilk Pancakes with 100% Pure Natural Syrup: three pancakes with butter		740	260	29	11	0	50	2720	111	0	9	9
Pecan Pancakes: three pancakes with butter		1130	630	70	14	0	50	2720	119	6	12	15
French Toast: four slices with butter		860	400	44	16	0	365	780	88	4	12	26
plus choice of	Sweet Toppings	See Sweet Toppings section (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

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		880	340	38	14	0	435	2870	113	less than 1	10	23
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
Momma's French Toast Breakfast: four slices with butter and two eggs		1000	480	54	19	0	750	930	90	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
Grandma's Sampler: two eggs, two pancakes with butter, one slice of bacon and one smoked sausage patty		860	430	48	19	0	475	2340	77	less than 1	7	31
with choice of	Sugar Cured Ham Sampler	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
Blueberry Syrup		200	0	0	0	0	0	0	50	0	39	0
Sugar Free Syrup		10	0	0	0	0	0	70	4	0	0	0
Country Peach n' Real Whipped Topping		320	50	6	1.5	0	less than 5	65	67	less than 1	68	less than 1
Sweet Ripe Blackberry n' Real Whipped Topping		350	45	5	1	0	less than 5	60	75	4	66	1
Cinnamon Spiced Apple n' Real Whipped Topping		390	120	14	6	0	20	130	67	6	50	1
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, sourdough bread, tomato, Duke's Mayonnaise		470	220	26	5	0	395	400	44	3	7	20
Available with choice of meat	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
	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
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
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
Plus choice of	real butter and preserves	See page 9 for nutritional information										

Sunrise Specials (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)
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
Apple n' Cinnamon Oatmeal: oatmeal with fried apples and reduced fat milk		310	63	7	1.5	0	5	220	55	8	17	9
Available with	Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46	6
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
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		220	130	15	3.5	0	55	960	1	0	1	18
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
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
Breakfast Side Plates — Tasty Alternatives		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		340	70	8	2	0	5	85	60	5	41	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												
Downhome Daily Dinners Under \$10		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 Downhome Daily Dinners come with your choice of Biscuits or Cornbread and Real Butter (see page 9 for nutritional information)												
Monday	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
Tuesday	Meatloaf	520	310	35	14	0	140	930	17	3	5	35
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing with Sweet Potato Casserole	820	280	31	7	0	115	2260	90	9	41	45
Friday	Fish Fry											
	Cod Fillets: 4 pieces with tartar sauce	730	260	29	5	0	185	1990	70	3	0	45
Saturday	Country Fried Pork Chops	1000	630	70	17	0	135	2120	38	3	2	53
Sunday	Pot Roast Supper	550	180	20	9	1	125	1440	40	6	3	52
Cracker Barrel 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 Cracker Barrel Favorites come with your choice of two or three sides (see page 7 for nutritional information) and your choice of Biscuits or Cornbread and Real Butter (see page 9 for nutritional information)												
Country Fried Steak: with Sawmill gravy		600	250	28	8	0	65	1410	50	1	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
Chicken n' Dumplins		450	80	9	2.5	0	100	1680	52	6	1	40
Chicken Fried Chicken: with Sawmill gravy		1140	570	60	14	0.4	205	2910	70	5	4	74
Fried Chicken Livers		630	310	34	8	0	615	860	39	6	1	21
Chicken Tenders: 6 tenders												
	Grilled Chicken Tenderloins	270	60	7	1.5	0	140	620	5	less than 1	4	48
	your choice of 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
	plus choice of Honey Mustard Sauce	220	190	21	3	0	15	400	8	0	7	less than 1
	plus choice of two Country Sides	See page 7 for nutritional information										
U.S. Farm-Raised Catfish: 2 fillets												
	Spicy Grilled	260	100	11	3	0	95	650	2	1	less than 1	38
	your choice of Fried: with hushpuppies and tartar sauce	810	510	57	12	0	115	1390	35	4	5	38
Ham												
	your choice of Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Hickory-Smoked Country Ham	540	230	26	10	0	190	3360	12	2	0	66
Barrel-Cut Sugar Ham		1020	490	55	17	0	340	5450	7	0	7	109
Cracker Barrel Sampler: Chicken n' Dumplins and												
	Meatloaf	860	370	41	16	0	205	2230	58	7	6	63
	your choice of Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Hickory-Smoked Country Ham	540	230	26	10	0	190	3360	12	2	0	66
	plus choice of three Country Sides	See page 7 for nutritional information										

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)
Comes with your choice of Biscuits or Cornbread and Real Butter (see page 9 for nutritional information)												
Southern Fried Chicken		1640	900	100	23	0	475	4730	78	9	0	108
	plus choice of two Country Sides	See page 7 for nutritional information										
Sunday Homestyle Chicken		1060	520	58	12	0	200	2740	64	4	2	71
	plus choice of Two Country Sides	See page 7 for nutritional information										
Home Cooked Classics		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 Home Cooked Classics come with your choice of Biscuits or Cornbread and Real Butter (see page 9 for nutritional information)												
Maple Bacon Grilled Chicken		850	390	43	19	0	265	1810	35	1	27	82
Hamburger Steak: seasoned with garlic butter		440	280	31	11	1.5	125	200	1	less than 1	0	36
	Available with Smothered Onions and Gravy	50	10	1.5	0	0	0	220	8	2	3	2
Chicken Pot Pie		960	500	55	29	0	105	2740	82	7	4	35
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
	plus choice of two Country Sides	See page 7 for nutritional information										
Country Vegetable Plate	Choose Four Country Sides	See page 7 for nutritional information										
Southern Suppers		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 Southern Suppers come with your choice of Biscuits or Cornbread and Real Butter (see page 9 for nutritional information)												
Grilled Sirloin Steak		350	150	17	5	0.5	150	210	1	less than 1	0	49
	plus choice of three Country Sides	See page 7 for nutritional information										
Haddock		380	130	15	3	0	130	660	14	1	1	49
	plus choice of three Country Sides	See page 7 for nutritional information										
Lemon Pepper Grilled Rainbow Trout: 2 fillets		330	130	14	3.5	0	140	610	6	less than 1	0	43
	plus choice of two Country Sides	See page 7 for nutritional information										
Country Fried Shrimp: Shrimp, Steak Fries, hushpuppies, and cocktail sauce		900	330	36	8	0	90	2040	121	16	15	22
	plus choice of two Country Sides	See page 7 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

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)	
Boiled Cabbage (Sun, Mon, 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	
Cole Slaw		250	190	21	3	0	20	170	14	0	13	0	
Cornbread Dressing (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	
Steak Fries		340	120	13	2.5	0	10	70	51	5	1	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	See page 9 for nutritional information										
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	
Premium Sides													
Loaded Baked Sweet Potato		620	220	25	12	0	50	260	96	7	56	6	
Loaded Baked Potato		520	350	39	22	0	105	1030	28	2	2	15	
Loaded Hashbrown Casserole		350	190	21	10	0	50	730	25	2	1	15	

Weekday Lunch 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)
Our Monday through Thursday Lunch Features come with your choice of one Country Sides (see page 7 for nutritional information) and Biscuits or Cornbread and Real Butter (see page 9 for nutritional information)												
Monday	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
Tuesday	Meatloaf	460	240	27	9	0	75	640	33	4	3	21
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing with Sweet Potato Casserole	820	280	31	7	0	115	2260	90	9	41	45
Monday-Friday: Pick 2 Combo												
	choice 1: Three Cheese Grilled Cheese	450	240	27	11	0	40	740	38	3	6	15
	Available with choice of meat											
	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
	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
	choice 2: Country House Salad: with grilled chicken	350	160	17	7	0	80	810	20	4	7	28
	Salad Dressing 2 oz.	See page 9 for nutritional information										
	choice 3: Loaded Baked Potato	520	350	39	22	0	105	1030	28	2	2	15
	choice 4: Loaded Baked Sweet Potato	620	220	25	12	0	50	260	96	7	56	6
	choice 5: Cup of Soup	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 come with Westminster Crackers®: (see page 9 for nutritional information)												
Southern Chicken Caesar Salad: includes Caesar Dressing												
	your choice of											
	Grilled	500	250	28	7	0.5	120	1320	22	5	5	40
	Fried	880	490	55	12	0.5	130	2270	51	6	5	46
Country Chef Salad		570	300	33	13	0	290	1550	23	6	8	45
	plus choice of											
	Salad Dressing: 2.5 oz.	See page 9 for nutritional information										
Homestyle Chicken Salad												
	your choice of											
	Fried	930	490	54	18	0	340	2000	53	7	7	58
	Grilled	550	250	28	13	0	325	1050	23	5	7	52
	plus choice of											
	Salad Dressing: 2.5 oz.	See page 9 for nutritional information										
House Salad		260	140	15	6	0	35	600	19	3	5	12
Sandwich n' 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 Sandwiches and Burger Platters come with a sampling of Cole Slaw (see page 7) and your choice of a Cup of Soup (see page 9) or any Country Side (see page 7)												
	plus Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
Homestyle Chicken BLT												
	your choice of											
	Fried	1180	540	60	13	0	140	2560	106	4	29	55
	Grilled	800	300	33	8	0	130	1610	77	3	29	48
The Barrel Cheeseburger		990	530	60	22	1.5	175	1070	56	2	11	56
	Available with											
	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
Open-Faced Roast Beef		700	300	33	13	1	135	950	52	2	6	51

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 below 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 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
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
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
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
Pot Roast Soup	cup	100	40	5	1	0	15	680	8	1	20	7
	bowl	200	80	10	2.5	0	35	1350	17	2	40	13
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
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
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
Cornbread: 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
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

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)
Colby Cheese Shreds: 1 oz.		110	80	9	6	0	25	170	less than 1	0	0	7
Sour Cream: 1 oz.		60	45	5	4	0	20	15	1	0	1	1
Other												
Hushpuppies: each		50	20	2.5	0	0	0	115	7	0	less than 1	less than 1
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
Dill Pickle Ranch: 2 oz.		250	250	27	4	0	20	250	2	0	2	2
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		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)
Mini Confetti Pancakes: three mini pancakes filled with fruity cereal		350	80	8	2	0	10	1360	64	less than 1	9	5
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	plus 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
Mini Pancakes: three mini pancakes		320	70	8	1.5	0	10	1320	58	less than 1	7	5
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	plus 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
Egg n' Biscuit												
	One Buttermilk Biscuit	160	50	6	2	0	0	310	23	less than 1	1	3
	One Scrambled egg	70	70	7	1.5	0	160	70	1	0	0	6
	plus Tater Rounds	170	100	11	2	0	0	320	17	1	0	2
Biscuit Breakfast Sandwich												
	choice of Bacon n' Biscuit	230	100	12	4	0	15	460	23	less than 1	1	8
	Smoked Sausage n' Biscuit	280	140	16	6	0	30	510	24	0	1	10
	Turkey Sausage n' Biscuit	210	80	9	3	0	30	540	23	0	1	10
	plus One Scrambled egg	70	70	7	1.5	0	160	70	1	0	0	6
	Tater Rounds	170	100	11	2	0	0	320	17	1	0	2
Kid's Milk Straw		20	0	0	0	0	0	0	4	0	4	0

Kid's Lunch n' Dinner Menu		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)
Lil' Barrel Cheeseburgers: two mini cheeseburgers		580	290	33	15	0	95	730	37	2	5	34
	plus Tater Rounds	170	100	11	2	0	0	320	17	1	0	2
Grilled Cheese Sandwich		480	250	28	10	0	45	930	43	2	7	14
	plus Tater Rounds	170	100	11	2	0	0	320	17	1	0	2
Items below are served with choice of a Buttermilk Biscuit or Corn Muffin (see page 9 for nutritional information)												
Grilled Chicken Tenders		140	30	3.5	0.5	0	70	310	2	less than 1	2	24
	plus Tater Rounds	170	100	11	2	0	0	320	17	1	0	2
Fried Chicken Tenders		310	150	17	4.5	0	40	850	22	8	0	18
	plus Tater Rounds	170	100	11	2	0	0	320	17	1	0	2
	plus choice of 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	less than 1	7	1
Mmmm Mac n' Cheese		540	280	31	12	0	50	1410	45	3	6	19
Veggie Plate		choice of two Country Sides See (page 7) for nutritional information										
Crispy Rockin' Shrimp: fried shrimp, hushpuppy, cocktail sauce, and tater rounds		540	250	28	6	0	80	1760	57	9	8	16
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		100	0	0	0	0	0	10	26	0	22	0
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		140	0	0	0	0	0	45	39	0	39	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)
Dirt Cup Dessert		430	130	15	11	0	0	300	70	less than 1	47	2

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	less than 1	25	5
	Hot	230	70	8	5	0	30	115	32	less than 1	29	7
Caramel Latte	Iced	210	60	6	4	0	25	80	31	less than 1	27	5
	Hot	250	70	8	5	0	30	120	35	less than 1	31	7
Mocha	Iced	260	60	7	4	0	25	100	43	less than 1	37	6
	Hot	310	80	9	5	0	30	150	47	less than 1	41	9
Juices												
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
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
Iced 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		250	0	0	0	0	0	20	59	0	31	2
Stewart's Soda												
Stewart's Root Beer		210	0	0	0	0	0	70	55	0	55	0

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)	
Soft Drinks													
Diet Coke		0	0	0	0	0	0	65	0	0	0	0	
Coca-Cola Classic		190	0	0	0	0	0	60	52	0	52	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 by Blue Sky													
Blood Orange		190	0	0	0	0	0	15	49	0	48	0	
Black Cherry		190	0	0	0	0	0	15	44	0	43	0	
Other Beverages													
Hot Chocolate		Kid's	210	60	7	4	0	25	90	30	0	24	6
		Regular	380	100	11	6	0	35	170	61	less than 1	53	9
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		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	

Regional Offerings

BREAKFAST

Southwestern 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)
Southwestern Scramble: two eggs, colby cheese, sausage, peppers, tomatoes, and green onions		1000	560	63	26	0	495	1720	61	7	6	47
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)
Link Sausage: two links		140	100	11	3.5	0	35	310	less than 1	0	1	9
Link Sausage: three links		210	150	17	5	0	50	460	1	less than 1	2	13
Grilled Southwest Sausage: one link		250	200	22	8	0	35	900	4	1	0	10
Grilled Southwest Sausage: two links		510	390	43	16	0	75	1790	8	2	less than 1	20
Loaded Southwest Hashbrown Casserole: Hashbrown Casserole, cheese, and green chiles		300	160	17	8	0	30	650	25	3	1	10

LUNCH - DINNER

Downhome Daily Dinners:		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 7 for nutritional information) and choice of Biscuits or Corn Muffins and Real Butter (see page 9 for nutritional information)												
Friday: Fish Fry	Haddock: one fillet with tartar sauce (regional)	760	410	46	8	0	120	1820	42	3	4	44
Sandwich n' 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 Sandwiches and Burger Platters come with your choice of one Side (see page 7 for nutritional information) or a Cup of Soup (see page 9 for nutritional information) and a sampling of Cole Slaw (see below)												
	Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
Grilled Reuben		900	600	67	32	0	150	1420	28	7	less than 1	48
Chile Jack Chicken		660	280	31	12	0.5	150	1230	51	5	11	47
	plus Steak Fries	340	120	13	2.5	0	10	70	51	5	1	5
Southern Suppers		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)
Chile Jack Grilled Chicken		440	160	18	10	0	190	1230	14	2	3	56
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)
Cottage Cheese		150	60	6	4	0	25	540	7	0	6	17
Hatch Valley Green Chiles		25	0	0	0	0	0	600	0	2	2	0
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)
Tortilla Soup	cup	300	150	17	8	0	55	1020	21	2	2	18
	bowl	600	300	33	15	0	115	2050	42	4	4	36
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)
English Muffin: each		130	10	1	0	0	0	260	26	less than 1	less than 1	5