



# NUTRITIONAL FACTS N' FIGURES

This information is applicable as of 1/9/24



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"Sunrise Sampler," "Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy Breakfast," "Smokehouse Breakfast," "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. ©2024 CBOCS Properties, Inc. The Coca-Cola® trademark is being used with the permission of the Coca-Cola Company.



| BREAKFAST  |  |  |               |               |              |               |               |             |                  |             |            |             |
|--|--|--|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|------------|-------------|
| Cracker Barrel 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) |
| <b>Old Timer's Breakfast:</b> two eggs                         |  | 150                                    | 90            | 10            | 3            | 0             | 385           | 150         | 2                | 0           | 1          | 14          |
| with choice of   | 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          |
| plus choice of One Breakfast Side                              |  | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| plus Biscuits n' Gravy   |  | 560                                    | 250           | 28            | 10           | 0             | 20            | 1110        | 63               | less than 1 | 9          | 14          |
| <b>Grandpa's Country Fried Breakfast®:</b> two eggs            |  | 150                                    | 90            | 10            | 3            | 0             | 385           | 150         | 2                | 0           | 1          | 14          |
| with choice of   | Country Fried Steak with Sawmill Gravy       | 600                                    | 250           | 28            | 8            | 0             | 65            | 1410        | 50               | 1           | 2          | 37          |
|  | Sunday Homestyle Chicken® with Sawmill Gravy | 610                                    | 310           | 34            | 8            | 0             | 105           | 1540        | 38               | 2           | 2          | 38          |
| plus choice of One Breakfast Side                              |  | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| plus Biscuits n' Gravy   |  | 560                                    | 250           | 28            | 10           | 0             | 20            | 1110        | 63               | less than 1 | 9          | 14          |
| <b>The Cracker Barrel's Country Boy Breakfast®:</b> three eggs |  | 210                                    | 200           | 22            | 4.5          | 0             | 475           | 210         | 2                | less than 1 | 1          | 19          |
| with choice of   | Sirloin Steak Tips                           | 300                                    | 200           | 22            | 10           | 0             | 65            | 950         | 1                | less than 1 | 0          | 26          |
|  | 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          |
| plus choice of Two Breakfast Sides                             |  | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| plus Biscuits n' Gravy   |  | 560                                    | 250           | 28            | 10           | 0             | 20            | 1110        | 63               | less than 1 | 9          | 14          |
| <b>Build Your Own Homestyle Breakfast :</b> two eggs           |  | 150                                    | 90            | 10            | 3            | 0             | 385           | 150         | 2                | 0           | 1          | 14          |
| with choice of One Breakfast Side                              |  | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| plus Biscuits n' Gravy   |  | 560                                    | 250           | 28            | 10           | 0             | 20            | 1110        | 63               | less than 1 | 9          | 14          |
| choice of Meats  | 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          |
|  | Meat Sampling with Sugar Cured Ham           | 280                                    | 170           | 19            | 7            | 0             | 70            | 1290        | 3                | less than 1 | 1          | 23          |
|  | Meat Sampling with Country Ham               | 320                                    | 200           | 22            | 8            | 0             | 90            | 1190        | 4                | less than 1 | 0          | 28          |
|  | Fried Sunday Homestyle Chicken®              | 530                                    | 260           | 29            | 6            | 0             | 100           | 1370        | 32               | 2           | 0          | 36          |
| Premium Meats  | Grilled Chicken Tenders                      | 140                                    | 30            | 3.5           | 0.5          | 0             | 70            | 310         | 2                | less than 1 | 2          | 24          |
|  | Hamburger Steak seasoned with garlic butter  | 440                                    | 280           | 31            | 11           | 1.5           | 125           | 200         | 1                | less than 1 | 0          | 36          |
|  | Sirloin Steak Tips                           | 300                                    | 200           | 22            | 10           | 0             | 65            | 950         | 1                | less than 1 | 0          | 26          |
|  | Sirloin Steak                                | 350                                    | 150           | 17            | 5            | 0.5           | 150           | 210         | 1                | less than 1 | 0          | 49          |
|  | Country Fried Steak with Sawmill Gravy       | 600                                    | 250           | 28            | 8            | 0             | 65            | 1410        | 50               | 1           | 2          | 37          |
|  | Spicy Chicken Sausage                        | 220                                    | 130           | 15            | 3.5          | 0             | 105           | 760         | 2                | 0           | 0          | 21          |
|  | Impossible™ Sausage Made from Plants         | 210                                    | 130           | 14            | 5            | 0             | 0             | 630         | 9                | 1           | 1          | 12          |
|  | Sugar Cured Ham                              | 220                                    | 130           | 15            | 3.5          | 0             | 55            | 960         | 1                | 0           | 1          | 18          |
|  | Country Ham                                  | 270                                    | 120           | 13            | 5            | 0             | 95            | 1680        | 6                | 1           | 0          | 33          |
|  | 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          |



| Hot off the Griddle   |                                     | 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) |
|---|-------------------------------------|--|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|------------|-------------|
| <b>Grandma's Sampler Pancake Breakfast:</b> two pancakes and two eggs   |                                     | 670                                    | 290           | 33            | 13           | 0             | 430           | 1990        | 76               | 1           | 7          | 20          |
| with choice of  | Meat Sampling with Sugar Cured Ham  | 280                                    | 170           | 19            | 7            | 0             | 70            | 1290        | 3                | less than 1 | 1          | 23          |
|   | Meat Sampling with Country Ham      | 320                                    | 200           | 22            | 8            | 0             | 90            | 1190        | 4                | less than 1 | 0          | 28          |
| plus choice of One Breakfast Side   |                                     | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| <b>Grandma's Sampler French Toast Breakfast:</b> french toast and two eggs  |                                     | 820                                    | 500           | 57            | 19           | 0             | 590           | 720         | 55               | 3           | 19         | 26          |
| with choice of  | Meat Sampling with Sugar Cured Ham  | 280                                    | 170           | 19            | 7            | 0             | 70            | 1290        | 3                | less than 1 | 1          | 23          |
|   | Meat Sampling with Country Ham      | 320                                    | 200           | 22            | 8            | 0             | 90            | 1190        | 4                | less than 1 | 0          | 28          |
| plus choice of One Breakfast Side   |                                     | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| <b>Momma's Pancake Breakfast:</b> three pancakes with butter and two eggs   |                                     | 880                                    | 340           | 38            | 14           | 0             | 435           | 2870        | 113              | less than 1 | 10         | 23          |
| with choice of  | 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          |
| <b>Momma's French Toast Breakfast:</b> french toast with butter and two eggs  |                                     | 1130                                   | 580           | 65            | 21           | 0             | 755           | 980         | 107              | 5           | 35         | 38          |
| with choice of  | 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          |
| <b>Stuffed Cheesecake Pancake Breakfast:</b> two eggs, two pancakes, cream cheese filling, seasonal fruit, powdered sugar, and strawberry syrup |                                     | 1250                                   | 490           | 54            | 26           | 1.5           | 570           | 2240        | 152              | 2           | 73         | 27          |
| plus choice of  | 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          |
| <b>Upgrades: For Momma's and Grandma's</b>  |                                     | 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) |
| Blueberry Topping for Pancakes  |                                     | 25                                     | 0             | 0             | 0            | 0             | 0             | 0           | 7                | 2           | 4          | 0           |
| Pecan Topping for Pancakes  |                                     | 390                                    | 370           | 41            | 3.5          | 0             | 50            | 0           | 8                | 5           | 2          | 5           |
| Country Peach n' Real Whipped Topping   |                                     | 290                                    | 80            | 9             | 3            | 0             | 15            | 60          | 57               | 1           | 51         | 0           |
| Cinnamon Spiced Apple n' Real Whipped Topping   |                                     | 390                                    | 100           | 11            | 7            | 0             | 30            | 105         | 72               | 6           | 58         | 1           |
| Fresh Strawberries  |                                     | 25                                     | 2             | 0             | 0            | 0             | 0             | 0           | 7                | 2           | 4          | 1           |
| Chocolate Whipped Cream   |                                     | 50                                     | 30            | 3.5           | 2            | 0             | 20            | 0           | 7                | 0           | 4          | 0           |
| <b>Syrups</b>   |                                     | 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           |
| Strawberry Syrup  |                                     | 180                                    | 0             | 0             | 0            | 0             | 0             | 15          | 44               | 0           | 40         | 0           |
| Blueberry Syrup   |                                     | 120                                    | 27            | 3             | 1.5          | 0             | 10            | 75          | 24               | 0           | 22         | less than 1 |
| Sugar Free Syrup  |                                     | 10                                     | 0             | 0             | 0            | 0             | 0             | 70          | 4                | 0           | 0          | 0           |



| Hearty Country Mornings   |  | 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) |
|---|--|--|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|
| <b>Biscuit Benny:</b> buttermilk biscuit cut in half topped with choice of breakfast meat, over-easy egg, Hollandaise Sauce, and tomato green onion blend |  |  |               |               |              |               |               |             |                  |             |             |             |
| with choice of  | Thick-sliced Bacon                           | 700                                    | 460           | 51            | 23           | 0             | 485           | 1220        | 27               | less than 1 | 2           | 32          |
|   | Smoked Sausage                               | 720                                    | 480           | 54            | 24           | 0             | 500           | 1150        | 28               | 1           | 3           | 31          |
|   | Impossible™ Sausage Made From Plants         | 700                                    | 440           | 48            | 22           | 0             | 440           | 1390        | 35               | 2           | 3           | 30          |
|   | Sugar Ham                                    | 570                                    | 340           | 38            | 18           | 0             | 470           | 1700        | 29               | 1           | 3           | 30          |
|   | Country Ham                                  | 620                                    | 370           | 41            | 19           | 0             | 490           | 1600        | 30               | 2           | 2           | 34          |
| plus choice of Two Breakfast Sides  |  | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |             |             |
| <b>Hashbrown Casserole Breakfasts:</b>  |  |  |               |               |              |               |               |             |                  |             |             |             |
| <b>Bacon n' Egg Hashbrown Casserole:</b> Hashbrown Casserole, Scrambled Eggs, Bacon, Cheese, Fried Onions, Green Onions, and Diced Tomatoes               |  | 980                                    | 550           | 61            | 25           | 0             | 490           | 1820        | 59               | 6           | 3           | 49          |
| <b>Steak n' Egg Hashbrown Casserole:</b> Hashbrown Casserole, Scrambled Eggs, Sirloin Steak Tips, Cheese, Fried Onions, Green Onions, and Diced Tomatoes  |  | 1080                                   | 600           | 67            | 29           | 0             | 510           | 2340        | 60               | 6           | 3           | 62          |
| plus Biscuits: each   |  | 160                                    | 50            | 6             | 2            | 0             | 0             | 310         | 23               | less than 1 | 1           | 3           |
| <b>Sunday Homestyle Chicken® n' French Toast:</b> Sunday Homestyle Chicken®, French Toast, Powdered Sugar, and Whipped Butter                             |  | 1500                                   | 860           | 96            | 33           | 0             | 430           | 2190        | 111              | 6           | 26          | 54          |
| <b>Pancake Tacos:</b> two pancakes filled with bacon, eggs, and cheese  |  | 930                                    | 450           | 50            | 21           | 0             | 480           | 2560        | 77               | less than 1 | 7           | 43          |
| comes with Pure Natural Syrup (1.5 oz.)   |  | 110                                    | 0             | 0             | 0            | 0             | 0             | 0           | 29               | 0           | 27          | 0           |
| 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) |
| <b>Egg Sandwich:</b> 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           |
|   | 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          |
|   | Impossible™ Sausage Made from Plants         | 210                                    | 130           | 14            | 5            | 0             | 0             | 630         | 9                | 1           | 1           | 12          |
|   | Spicy Chicken Sausage                        | 220                                    | 130           | 15            | 3.5          | 0             | 105           | 760         | 2                | 0           | 0           | 21          |
| plus choice of One Breakfast Side   |  | See page 4 for nutritional information |               |               |              |               |               |             |                  |             |             |             |
| <b>Biscuits n' Gravy with Bacon or Sausage:</b> three biscuits and sawmill gravy  |  | 710                                    | 300           | 34            | 12           | 0             | 20            | 1420        | 86               | 2           | 10          | 17          |
|   | 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          |
| <b>Biscuit Breakfast:</b>   |  |  |               |               |              |               |               |             |                  |             |             |             |
| your choice of two  | Thick-sliced Bacon Biscuit                   | 300                                    | 160           | 17            | 6            | 0             | 30            | 620         | 23               | 0           | 1           | 13          |
|   | Smoked Sausage Biscuit                       | 280                                    | 140           | 16            | 6            | 0             | 30            | 510         | 24               | less than 1 | 1           | 10          |
|   | Sugar Cured Ham Biscuit                      | 250                                    | 90            | 10            | 3            | 0             | 30            | 1250        | 25               | 0           | 2           | 15          |
|   | Country Ham Biscuit                          | 290                                    | 110           | 12            | 4.5          | 0             | 50            | 1150        | 26               | less than 1 | 1           | 20          |
|   | Impossible™ Sausage Made From Plants Biscuit | 260                                    | 120           | 13            | 4.5          | 0             | 0             | 630         | 27               | less than 1 | 1           | 9           |



| Barrel Bites   |                         | 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 Pickles                                  |                         | 880  | 510           | 56            | 9            | 0             | 0             | 3440        | 84               | 5           | 1           | 9           |
|  | plus Buttermilk Ranch   | 190  | 180           | 20            | 3            | 0             | 15            | 420         | 2                | less than 1 | 2           | 1           |
| White Cheddar Cheese Bites                             |                         | 570  | 350           | 39            | 21           | 1             | 90            | 1040        | 28               | less than 1 | 4           | 27          |
|  | plus Buttermilk Ranch   | 190  | 180           | 20            | 3            | 0             | 15            | 420         | 2                | less than 1 | 2           | 1           |
| Biscuit Beignets                                       |                         | 490  | 240           | 26            | 9            | 0             | 0             | 920         | 56               | 1           | 12          | 7           |
|  | plus Butter Pecan Sauce | 210  | 60            | 7             | 4.5          | 0             | 20            | 70          | 37               | less than 1 | 36          | 0           |
| Loaded Hashbrown Casserole Tots                        |                         | 610  | 360           | 40            | 15           | 0             | 60            | 1640        | 42               | less than 1 | 2           | 19          |
|  | plus Buttermilk Ranch   | 190  | 180           | 20            | 3            | 0             | 15            | 420         | 2                | less than 1 | 2           | 1           |
| Breakfast 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) |
| Hashbrown Casserole                                    |                         | 190  | 70            | 8             | 3            | 0             | 10            | 350         | 24               | 2           | 0           | 5           |
| Fried Apples   |                         | 170  | 20            | 2             | 0.5          | 0             | 0             | 45          | 37               | 6           | 26          | less than 1 |
| Tomato Slices  |                         | 5    | 0             | 0             | 0            | 0             | 0             | 0           | 1                | less than 1 | 1           | 0           |
| Coarse Ground Grits                                    |                         | 150  | 51.71         | 6             | 1            | 0             | 0             | 370         | 22               | less than 1 | less than 1 | less than 1 |
| Premium 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) |
| Two Buttermilk Pancakes: with one scoop whipped butter |                         | 530  | 210           | 23            | 10           | 0             | 45            | 1840        | 74               | 0           | 6           | 6           |
| Hashbrown Casserole Tots                               |                         | 280  | 150           | 17            | 4.5          | 0             | 10            | 800         | 28               | less than 1 | 1           | 5           |
| Loaded Hashbrown Casserole                             |                         | 350  | 190           | 21            | 10           | 0             | 50            | 730         | 25               | 2           | less than 1 | 15          |
| Fresh Seasonal Fruit                                   |                         | 70   | 2             | 0             | 0            | 0             | 0             | 0           | 18               | 3           | 13          | 1           |
| Meats  |                         | 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) |
| 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          |
| Spicy Chicken Sausage: two links                       |                         | 220  | 130           | 15            | 3.5          | 0             | 105           | 760         | 2                | 0           | 0           | 21          |
| Impossible™ Sausage: two patties                       |                         | 210  | 130           | 14            | 5            | 0             | 0             | 630         | 9                | 1           | 1           | 12          |
| Sugar Cured Ham  |                         | 220  | 130           | 15            | 3.5          | 0             | 55            | 960         | 1                | 0           | 1           | 18          |
| Country Ham  |                         | 270  | 120           | 13            | 5            | 0             | 95            | 1680        | 6                | 1           | 0           | 33          |
| 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) |
| Egg Whites: 2 each                                     |                         | 60   | 0             | 0             | 0            | 0             | 0             | 230         | 2                | 0           | 2           | 11          |
| Colby Cheese Shreds (for eggs): 1 oz.                  |                         | 110  | 80            | 9             | 6            | 0             | 25            | 170         | 1                | 0           | 0           | 7           |
| Sawmill Gravy: 6 oz.                                   |                         | 240  | 140           | 16            | 6            | 0             | 15            | 490         | 18               | 1           | 7           | 7           |
| Sawmill Gravy: 10 oz.                                  |                         | 400  | 230           | 26            | 10           | 0             | 30            | 810         | 30               | 1           | 11          | 12          |
| Biscuit: each  |                         | 160  | 50            | 6             | 2            | 0             | 0             | 310         | 23               | less than 1 | 1           | 3           |
| Multigrain Toast: one slice                            |                         | 100  | 15            | 2             | 0            | 0             | 0             | 180         | 19               | 1           | 2           | 3           |
| 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           |
| Country Apple Butter: 2 oz.                            |                         | 100  | 0             | 0             | 0            | 0             | 0             | 10          | 24               | 1           | 20          | 0           |



| LUNCH - DINNER   |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|--|--|-------------|----------------------|----------------------|---------------------|----------------------|----------------------|--------------------|-------------------------|------------------|-------------------|--------------------|
| Downhome Daily Deals   |  | 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 10 for nutritional information)  |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Monday</b>  | Chicken n' Dumplins                              | 450         | 80                   | 9                    | 2.5                 | 0                    | 100                  | 1680               | 52                      | 6                | 1                 | 40                 |
| <b>Tuesday</b>   | Meatloaf   | 520         | 310                  | 35                   | 14                  | 0                    | 140                  | 930                | 17                      | 3                | 5                 | 35                 |
| <b>Wednesday</b>   | Broccoli Cheddar Chicken                         | 690         | 390                  | 44                   | 14                  | 0                    | 160                  | 940                | 35                      | 5                | 1                 | 40                 |
| <b>Thursday</b>  | Turkey n' Dressing                               |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | Turkey n' Gravy                                  | 270         | 80                   | 9                    | 2.5                 | 0                    | 90                   | 1220               | 10                      | 1                | 1                 | 37                 |
|  | Comes with Cranberry Sauce: (1 oz.)              | 45          | 0                    | 0                    | 0                   | 0                    | 0                    | 0                  | 11                      | 0                | 9                 | 0                  |
|  | Cornbread Dressing                               | 310         | 160                  | 18                   | 3.5                 | 0                    | 25                   | 960                | 33                      | 5                | 4                 | 5                  |
|  | Sweet Potato Casserole                           | 190         | 35                   | 4                    | 1                   | 0                    | 0                    | 85                 | 36                      | 2                | 28                | 2                  |
| <b>Friday</b>  |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Fish Fry: four cod fillets</b>  |  | 590         | 210                  | 24                   | 4.5                 | 0                    | 150                  | 1610               | 57                      | 2                | 0                 | 37                 |
|  | plus Tartar Sauce                                |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| See page 10 for nutritional information  |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Country Coastal Sampler:</b>  |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | cod fillets: 2 pieces                            | 290         | 110                  | 12                   | 2                   | 0                    | 75                   | 810                | 28                      | 1                | 0                 | 18                 |
|  | Fried Shrimp                                     | 280         | 120                  | 14                   | 3.5                 | 0                    | 75                   | 1020               | 25                      | 7                | 0                 | 13                 |
|  | plus Hushpuppy, Cocktail Sauce, and Tartar Sauce |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| See page 10 for nutritional information  |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Saturday</b>  | Southern Fried Pork Chops                        | 1040        | 650                  | 72                   | 17                  | 0                    | 140                  | 2400               | 43                      | 3                | 2                 | 53                 |
| <b>Sunday</b>  | Sunday Homestyle Chicken®                        | 1060        | 520                  | 58                   | 12                  | 0                    | 200                  | 2740               | 64                      | 4                | 2                 | 71                 |
| <b>Cracker Barrel Favorites</b>  |  | <b>Cal.</b> | <b>Cal. from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Cholest. (mg)</b> | <b>Sodium (mg)</b> | <b>Total Carbs. (g)</b> | <b>Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> |
| 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 10 for nutritional information) |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Country Fried Steak: with sawmill gravy</b>   |  | 600         | 250                  | 28                   | 8                   | 0                    | 65                   | 1410               | 50                      | 1                | 2                 | 37                 |
| <b>Meatloaf</b>  |  | 520         | 310                  | 35                   | 14                  | 0                    | 140                  | 930                | 17                      | 3                | 5                 | 35                 |
| <b>Roast Beef</b>  |  | 480         | 260                  | 29                   | 12                  | 1                    | 130                  | 780                | 10                      | 0                | 0                 | 45                 |
| <b>Chicken n' Dumplins</b>   |  | 450         | 80                   | 9                    | 2.5                 | 0                    | 100                  | 1680               | 52                      | 6                | 1                 | 40                 |
| <b>Chicken Fried Chicken: Sunday Homestyle Chicken Breasts with sawmill gravy</b>  |  | 1140        | 570                  | 60                   | 14                  | 0.4                  | 205                  | 2910               | 70                      | 5                | 4                 | 74                 |
| <b>Chicken Tenders: 6 tenders</b>  |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | your choice of Grilled Chicken Tenders           | 270         | 60                   | 7                    | 1.5                 | 0                    | 140                  | 620                | 5                       | less than 1      | 4                 | 48                 |
|  | Hand-breaded Fried Chicken Tenders               | 600         | 270                  | 30                   | 6                   | 0                    | 170                  | 2140               | 26                      | 4                | 0                 | 57                 |
|  | plus Dill Pickle Ranch                           | 250         | 250                  | 27                   | 4                   | 0                    | 20                   | 250                | 2                       | 0                | 2                 | 2                  |
| <b>U.S. Farm-Raised Catfish: 2 fillets</b>   |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | 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                 |
| <b>Ham</b>   |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | 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                 |
| <b>Cracker Barrel Sampler: Chicken n' Dumplins and Meatloaf</b>  |  | 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   |  |             |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |



| Cracker Barrel Samplers  |   | 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 two Country Sides (see page 7) and Biscuits or Cornbread and Real Butter (see page 10 for nutritional information) |   |   |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Cracker Barrel Classics Sampler (two or three entrees)</b>  |   |   |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | Meatloaf  | 520   | 310                  | 35                   | 14                  | 0                    | 140                  | 930                | 17                      | 3                | 5                 | 35                 |
|  | choice of Sunday Homestyle Chicken®                             | 1060  | 520                  | 58                   | 12                  | 0                    | 200                  | 2740               | 64                      | 4                | 2                 | 71                 |
|  | Chicken n' Dumplins   | 450   | 80                   | 9                    | 2.5                 | 0                    | 100                  | 1680               | 52                      | 6                | 1                 | 40                 |
| <b>Skillet Sirloin Steak Sampler</b>   |   |   |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | comes with Grilled Sirloin Steak                                | 350   | 150                  | 17                   | 5                   | 0.5                  | 150                  | 210                | 1                       | less than 1      | 0                 | 49                 |
|  | Fried Shrimp: one hushpuppy and cocktail sauce                  | 370   | 150                  | 16                   | 4                   | 0                    | 80                   | 1440               | 41                      | 8                | 8                 | 15                 |
|  | plus choice of Hand-breaded Chicken Tenders: half portion       | 300   | 130                  | 15                   | 3                   | 0                    | 85                   | 1070               | 13                      | 2                | 0                 | 29                 |
|  | Grilled Chicken Tenders: half portion                           | 140   | 30                   | 3.5                  | 0.5                 | 0                    | 70                   | 310                | 2                       | less than 1      | 2                 | 24                 |
| <b>Tips, Tenders, and Shrimp Sampler</b>   |   |   |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | comes with Steak Sirloin Tips (5 oz.)                           | 300   | 200                  | 22                   | 10                  | 0                    | 65                   | 950                | 1                       | 0                | 0                 | 26                 |
|  | Country Fried Shrimp: with hushpuppy and cocktail sauce         | 370   | 150                  | 16                   | 4                   | 0                    | 80                   | 1440               | 40                      | 8                | 7                 | 15                 |
|  | plus choice of Fried Hand-Breaded Chicken Tenders: half portion | 300   | 130                  | 15                   | 3                   | 0                    | 85                   | 1070               | 13                      | 2                | 0                 | 29                 |
|  | Grilled Chicken Tenders: half portion                           | 140   | 30                   | 3.5                  | 1                   | 0                    | 75                   | 320                | 2                       | 0                | 2                 | 25                 |
| <b>Signature Fried Chicken</b>   |   | <b>Cal.</b>   | <b>Cal. from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Cholest. (mg)</b> | <b>Sodium (mg)</b> | <b>Total Carbs. (g)</b> | <b>Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> |
| Comes with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)                                    |   |   |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Southern Fried Chicken</b>  |   | 1640  | 900                  | 100                  | 23                  | 0                    | 475                  | 4730               | 78                      | 9                | 0                 | 108                |
|  | plus choice of two Country Sides                                | See page 7 for nutritional information                              |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Sunday Homestyle Chicken®</b>   |   | 1060  | 520                  | 58                   | 12                  | 0                    | 200                  | 2740               | 64                      | 4                | 2                 | 71                 |
|  | plus choice of two Country Sides                                | See page 7 for nutritional information                              |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Buttermilk Buffalo Ranch Mac n' Cheese</b>  |   | 930   | 480                  | 54                   | 16                  | 0                    | 140                  | 3810               | 63                      | 6                | 8                 | 49                 |
| <b>Home Cooked Classics</b>  |   | <b>Cal.</b>   | <b>Cal. from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Cholest. (mg)</b> | <b>Sodium (mg)</b> | <b>Total Carbs. (g)</b> | <b>Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> |
| All Home Cooked Classics come with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)            |   |   |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Smoky Southern Grilled Chicken</b>  |   | 280   | 45                   | 5                    | 1.5                 | 0                    | 175                  | 720                | 0                       | 0                | 0                 | 58                 |
| <b>Maple Bacon Grilled Chicken</b>   |   | 850   | 390                  | 43                   | 19                  | 0                    | 265                  | 1810               | 35                      | 1                | 27                | 82                 |
| <b>Hamburger Steak: seasoned with garlic butter</b>  |   | 440   | 280                  | 31                   | 11                  | 1.5                  | 125                  | 200                | 1                       | less than 1      | 0                 | 36                 |
|  | Available with Smothered with Sautéed Onions and Gravy          | 50  | 10                   | 1.5                  | 0                   | 0                    | 0                    | 220                | 8                       | 2                | 3                 | 2                  |
| <b>Chicken Pot Pie</b>   |   | 960   | 500                  | 55                   | 29                  | 0                    | 105                  | 2740               | 82                      | 7                | 4                 | 35                 |
| <b>U.S. Farm Raised Catfish Fillet: 1 fillet</b>   |   |   |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
|  | 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                              |                      |                      |                     |                      |                      |                    |                         |                  |                   |                    |
| <b>Country Vegetable Plate</b>   |   | Choose four Country Sides<br>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 10 for nutritional information) |  |  |               |               |              |               |               |             |                  |             |             |             |
| <b>Grilled Sirloin Steak</b>  |  | 350                                    | 150           | 17            | 5            | 0.5           | 150           | 210         | 1                | less than 1 | 0           | 49          |
|   | Available with Smothered with Sautéed Onions and Gravy | 50                                     | 10            | 1.5           | 0            | 0             | 0             | 220         | 8                | 2           | 3           | 2           |
|   | plus choice of three Country Sides                     | See page 7 for nutritional information |               |               |              |               |               |             |                  |             |             |             |
| <b>Lemon Pepper Grilled Rainbow Trout: 2 fillets</b>  |  | 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 |               |               |              |               |               |             |                  |             |             |             |
| <b>Country Fried Shrimp: with hushpuppies and cocktail sauce</b>  |  | 900                                    | 330           | 36            | 8            | 0             | 90            | 2040        | 121              | 16          | 15          | 22          |
|   | plus choice of two Country Sides                       | See page 7 for nutritional information |               |               |              |               |               |             |                  |             |             |             |
| Add these items below with any Southern Supper  |  |  |               |               |              |               |               |             |                  |             |             |             |
| <b>Country Fried Shrimp: half portion</b>   |  | 350                                    | 126           | 14            | 3.5          | 0             | 75            | 1620        | 42               | 1           | 13          | 14          |
| <b>Hand-breaded Chicken Tenders: half portion</b>   |  | 300                                    | 130           | 15            | 3            | 0             | 85            | 1070        | 13               | 2           | 0           | 29          |
| <b>Grilled Chicken Tenders: half portion</b>  |  | 140                                    | 30            | 3.5           | 0.5          | 0             | 70            | 310         | 2                | less than 1 | 2           | 24          |
| 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) |
| <i>Country Sides</i>  |  |  |               |               |              |               |               |             |                  |             |             |             |
| <b>Applesauce (Kid's Menu)</b>  |  | 50                                     | 5             | 0             | 0            | 0             | 0             | 0           | 13               | 1           | 7           | 0           |
| <b>Breaded Fried Okra</b>   |  | 250                                    | 80            | 9             | 2            | 0             | 10            | 520         | 38               | 2           | 2           | 3           |
| <b>Cheesy Coarse Ground Grits</b>   |  | 190                                    | 110           | 13            | 4.5          | 0             | 15            | 390         | 14               | less than 1 | 3           | 5           |
| <b>Cole Slaw</b>  |  | 250                                    | 190           | 21            | 3            | 0             | 20            | 170         | 14               | 0           | 13          | 0           |
| <b>Cornbread Dressing (served with Turkey n' Dressing)</b>  |  | 310                                    | 160           | 18            | 3.5          | 0             | 25            | 960         | 33               | 5           | 4           | 5           |
| <b>Country Green Beans</b>  |  | 60                                     | 25            | 3             | 1            | 0             | 10            | 310         | 7                | 3           | 1           | 1           |
| <b>Dumplings</b>  |  | 210                                    | 50            | 6             | 2            | 0             | 0             | 940         | 36               | 3           | less than 1 | 5           |
| <b>Steamed Broccoli</b>   |  | 40                                     | 0             | 0             | 0            | 0             | 0             | 10          | 6                | 4           | less than 1 | 4           |
|   | Available with Cheese Sauce                            | 90                                     | 60            | 7             | 4            | 0             | 10            | 230         | 2                | 0           | 1           | 3           |
| <b>Fried Apples</b>   |  | 170                                    | 20            | 2             | 0.5          | 0             | 0             | 45          | 37               | 6           | 26          | less than 1 |
| <b>Hashbrown Casserole</b>  |  | 190                                    | 70            | 8             | 3            | 0             | 10            | 350         | 24               | 2           | 0           | 5           |
| <b>Macaroni n' Cheese</b>   |  | 270                                    | 140           | 16            | 6            | 0             | 25            | 700         | 23               | 2           | 3           | 10          |
| <b>Mashed Potatoes</b>  |  | 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           |
| <b>Pinto Beans</b>  |  | 140                                    | 20            | 2             | 1            | 0             | 15            | 260         | 21               | 7           | 0           | 10          |
| <b>Steak Fries</b>  |  | 340                                    | 120           | 13            | 2.5          | 0             | 10            | 70          | 51               | 5           | 1           | 5           |
| <b>Sweet Potato Casserole (served with Turkey n' Dressing)</b>  |  | 190                                    | 35            | 4             | 1            | 0             | 0             | 85          | 36               | 2           | 28          | 2           |
| <b>Sweet Whole Baby Carrots</b>   |  | 90                                     | 10            | 1             | 0            | 0             | 15            | 140         | 18               | 3           | 10          | 1           |
| <b>Turnip Greens</b>  |  | 100                                    | 30            | 4             | 1            | 0             | 15            | 380         | 6                | 4           | 0           | 10          |
| <b>Whole Kernel Corn</b>  |  | 180                                    | 70            | 8             | 1            | 0             | 15            | 85          | 26               | 3           | less than 1 | 3           |
| <i>Premium Sides</i>  |  |  |               |               |              |               |               |             |                  |             |             |             |
| <b>Loaded Mashed Potatoes</b>   |  | 320                                    | 180           | 20            | 7            | 0             | 35            | 510         | 25               | 3           | 1           | 11          |
| <b>Loaded Baked Sweet Potato</b>  |  | 530                                    | 220           | 25            | 12           | 0             | 50            | 230         | 75               | 7           | 40          | 6           |
| <b>Loaded Baked Potato</b>  |  | 520                                    | 350           | 39            | 22           | 0             | 105           | 2470        | 28               | 2           | 2           | 15          |
| <b>Hashbrown Casserole Tots</b>   |  | 280                                    | 150           | 17            | 4.5          | 0             | 10            | 800         | 28               | less than 1 | 1           | 5           |
| <b>Bacon Macaroni n' Cheese</b>   |  | 380                                    | 210           | 24            | 9            | 0             | 35            | 940         | 28               | 2           | 4           | 13          |
| <b>Loaded Hashbrown Casserole</b>   |  | 350                                    | 190           | 21            | 10           | 0             | 50            | 730         | 25               | 2           | 1           | 15          |
| <b>Two Buttermilk Pancakes: with one scoop whipped butter</b>   |  | 530                                    | 210           | 23            | 10           | 0             | 45            | 1840        | 74               | 0           | 6           | 6           |
| <b>Fresh Seasonal Fruit</b>   |  | 70                                     | 2             | 0             | 0            | 0             | 0             | 0           | 18               | 3           | 13          | 1           |
| <b>Bowl of Pinto Beans</b>  |  | 470                                    | 60            | 6             | 2            | 0             | 40            | 850         | 73               | 21          | 7           | 32          |
| <b>Bowl of Turnip Greens</b>  |  | 250                                    | 90            | 10            | 4            | 0             | 125           | 780         | 16               | 8           | 2           | 24          |
| <b>Beans n' Greens</b>  |  | 410                                    | 80            | 9             | 3            | 0             | 90            | 990         | 51               | 16          | 7           | 32          |



| Barrel Bites   |   | 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) |
|--|---|--|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|------------|-------------|
| <b>Country Fried Pickles</b>   |   | 880                                    | 510           | 56            | 9            | 0             | 0             | 3440        | 84               | 5           | 1          | 9           |
|  | plus Buttermilk Ranch                           | 190                                    | 180           | 20            | 3            | 0             | 15            | 420         | 2                | less than 1 | 2          | 1           |
| <b>White Cheddar Cheese Bites</b>  |   | 570                                    | 350           | 39            | 21           | 1             | 90            | 1040        | 28               | less than 1 | 4          | 27          |
|  | plus Buttermilk Ranch                           | 190                                    | 180           | 20            | 3            | 0             | 15            | 420         | 2                | less than 1 | 2          | 1           |
| <b>Biscuit Beignets</b>  |   | 490                                    | 240           | 26            | 9            | 0             | 0             | 920         | 56               | 1           | 12         | 7           |
|  | plus Butter Pecan Sauce                         | 210                                    | 60            | 7             | 4.5          | 0             | 20            | 70          | 37               | less than 1 | 36         | 0           |
| <b>Loaded Hashbrown Casserole Tots</b>   |   | 610                                    | 360           | 40            | 15           | 0             | 60            | 1640        | 42               | less than 1 | 2          | 19          |
|  | plus Buttermilk Ranch                           | 190                                    | 180           | 20            | 3            | 0             | 15            | 420         | 2                | less than 1 | 2          | 1           |
| 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 10 for nutritional information) |   |  |               |               |              |               |               |             |                  |             |            |             |
| <b>Monday</b>  | Chicken n' Dumplins                             | 450                                    | 80            | 9             | 2.5          | 0             | 100           | 1680        | 52               | 6           | 1          | 40          |
| <b>Tuesday</b>   | Meatloaf  | 460                                    | 240           | 27            | 9            | 0             | 75            | 640         | 33               | 4           | 3          | 21          |
| <b>Wednesday</b>   | Broccoli Cheddar Chicken                        | 690                                    | 390           | 44            | 14           | 0             | 160           | 940         | 35               | 5           | 1          | 40          |
| <b>Thursday</b>  | Turkey n' Dressing                              |  |               |               |              |               |               |             |                  |             |            |             |
|  | Turkey n' Gravy                                 | 270                                    | 80            | 9             | 2.5          | 0             | 90            | 1220        | 10               | 1           | 1          | 37          |
|  | Cranberry Sauce: (1 oz.)                        | 45                                     | 0             | 0             | 0            | 0             | 0             | 0           | 11               | 0           | 9          | 0           |
|  | Cornbread Dressing                              | 310                                    | 160           | 18            | 3.5          | 0             | 25            | 960         | 33               | 5           | 4          | 5           |
|  | Sweet Potato Casserole                          | 190                                    | 35            | 4             | 1            | 0             | 0             | 85          | 36               | 2           | 28         | 2           |
| <b>Monday-Friday: Pick 2 Combo</b>   |   |  |               |               |              |               |               |             |                  |             |            |             |
|  | choice 1: House Salad                           | 260                                    | 130           | 15            | 6            | 0             | 35            | 600         | 18               | 3           | 6          | 12          |
|  | Salad Dressing 2 oz.                            | See page 9 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
|  | choice 2: Loaded Baked Potato                   | 520                                    | 350           | 39            | 22           | 0             | 105           | 2470        | 28               | 2           | 2          | 15          |
|  | choice 3: Loaded Baked Sweet Potato             | 530                                    | 220           | 25            | 12           | 0             | 50            | 230         | 75               | 7           | 40         | 6           |
|  | choice 4: 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 two complimentary packs of Crackers: (see page 10 for nutritional information)  |   |  |               |               |              |               |               |             |                  |             |            |             |
| <b>Homestyle Fried Chicken Salad</b>   |   | 850                                    | 430           | 47            | 14           | 0             | 320           | 1870        | 52               | 5           | 8          | 53          |
| <b>Homestyle Grilled Chicken Salad</b>   |   | 470                                    | 190           | 21            | 9            | 0             | 305           | 920         | 22               | 4           | 8          | 46          |
|  | plus choice of Salad Dressing: 2.5 oz.          | See page 9 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| <b>House Salad</b>   |   | 260                                    | 130           | 15            | 6            | 0             | 35            | 600         | 18               | 3           | 6          | 12          |
|  | plus choice of Salad Dressing: 2 oz.            | See page 9 for nutritional information |               |               |              |               |               |             |                  |             |            |             |
| 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 a Cup of Soup (see page 9 for nutritional information) or any Country Side (see page 7 for nutritional information)                                    |   |  |               |               |              |               |               |             |                  |             |            |             |
| <b>Homestyle Chicken BLT</b>   |   |  |               |               |              |               |               |             |                  |             |            |             |
|  | your choice of Sunday Homestyle Chicken® Breast | 1180                                   | 540           | 60            | 13           | 0             | 140           | 2560        | 106              | 4           | 29         | 55          |
|  | Smoky Southern Grilled Chicken Breast           | 800                                    | 300           | 33            | 8            | 0             | 130           | 1610        | 77               | 3           | 29         | 48          |
| <b>The Barrel Cheeseburger</b>   |   | 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           |



| 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 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 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                 |
| 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                  |
| <b>Salad Dressing: 2.5 oz. (served with our Entrée Salads)</b>                                     |      | <b>Cal.</b> | <b>Cal. from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Cholest. (mg)</b> | <b>Sodium (mg)</b> | <b>Total Carbs. (g)</b> | <b>Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> |
| 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 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        |
| Dill Pickle Ranch  |      | 320         | 310                  | 34                   | 5                   | 0                    | 25                   | 320                | 2                       | 0                | 2                 | 2                  |
| <b>Salad Dressing: 2 oz. (served with House Salad)</b>   |      | <b>Cal.</b> | <b>Cal. from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Cholest. (mg)</b> | <b>Sodium (mg)</b> | <b>Total Carbs. (g)</b> | <b>Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> |
| 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 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        |
| Dill Pickle Ranch  |      | 250         | 250                  | 27                   | 4                   | 0                    | 20                   | 250                | 2                       | 0                | 2                 | 2                  |



| 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)        |   |
|-----------------------------------|---------------------|---------------------------------|---|----------------------|---------------------|----------------------|----------------------|--------------------|-------------------------|------------------|-------------------|--------------------|---|
| <b>Bread or Toast</b>             |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
| 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                  |   |
| Crackers: 2 packs                 |                     | 70                              | 20  | 2                    | 0                   | 0                    | 0                    | 60                 | 12                      | 0                | 0                 | 0                  |   |
| <b>Toppings</b>                   |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
| 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 oz.                 |                     | 60                              | 45  | 5                    | 4                   | 0                    | 20                   | 15                 | 1                       | 0                | 1                 | 1                  |   |
| <b>Other</b>                      |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
| Hushpuppies: each                 |                     | 50                              | 20  | 2.5                  | 0                   | 0                    | 0                    | 115                | 7                       | 0                | less than 1       | less than 1        |   |
| <b>Sauces</b>                     |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
| 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                  |   |
| <b>Kid's Breakfast Menu</b>       |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
|                                   |                     | <b>Cal.</b>                     | <b>Cal. from Fat</b>                      | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Cholest. (mg)</b> | <b>Sodium (mg)</b> | <b>Total Carbs. (g)</b> | <b>Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> |   |
| <b>Mini Confetti Pancakes</b>     |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
|                                   |                     | 350                             | 80  | 8                    | 2                   | 0                    | 10                   | 1360               | 64                      | less than 1      | 9                 | 5                  |   |
|                                   | plus                | 100% Pure Natural Syrup         | 110                                       | 0                    | 0                   | 0                    | 0                    | 0                  | 29                      | 0                | 27                | 0                  |   |
|                                   |                     | Turkey Sausage Patty: one patty | 50  | 25                   | 3                   | 1                    | 0                    | 30                 | 230                     | less than 1      | 0                 | 7                  |   |
|                                   | plus your choice of | Smoked Sausage Patty: one patty | 120                                       | 90                   | 10                  | 4                    | 0                    | 30                 | 200                     | less than 1      | 0                 | 7                  |   |
|                                   |                     | Thick-Sliced Bacon: two slices  | 140                                       | 100                  | 11                  | 4                    | 0                    | 30                 | 310                     | 0                | 0                 | 9                  |   |
| <b>Mini Pancakes</b>              |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
|                                   |                     | 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                  | 29                      | 0                | 27                | 0                  |   |
|                                   |                     | Turkey Sausage Patty: one patty | 50  | 25                   | 3                   | 1                    | 0                    | 30                 | 230                     | less than 1      | 0                 | 7                  |   |
|                                   | plus your choice of | Smoked Sausage Patty: one patty | 120                                       | 90                   | 10                  | 4                    | 0                    | 30                 | 200                     | less than 1      | 0                 | 7                  |   |
|                                   |                     | Thick-Sliced Bacon: two slices  | 140                                       | 100                  | 11                  | 4                    | 0                    | 30                 | 310                     | 0                | 0                 | 9                  |   |
| <b>Egg n' Biscuit</b>             |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
|                                   |                     | 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                 | 6                  |   |
|                                   | plus                | Hashbrown Casserole             | 190                                       | 70                   | 8                   | 3                    | 0                    | 10                 | 350                     | 24               | 2                 | 5                  |   |
| <b>Biscuit Breakfast Sandwich</b> |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
|                                   |                     | 230                             | 100                                       | 12                   | 4                   | 0                    | 15                   | 460                | 23                      | less than 1      | 1                 | 8                  |   |
|                                   | choice of           | Bacon n' Biscuit                | 280                                       | 140                  | 16                  | 6                    | 0                    | 30                 | 510                     | 24               | 0                 | 10                 |   |
|                                   |                     | Smoked Sausage n' Biscuit       | 70  | 70                   | 7                   | 1.5                  | 0                    | 160                | 70                      | 1                | 0                 | 6                  |   |
|                                   | plus                | One Scrambled egg               | 240                                       | 140                  | 16                  | 2.5                  | 0                    | 0                  | 320                     | 22               | 1                 | 2                  |   |
|                                   |                     | Hashbrown Casserole             | 190                                       | 70                   | 8                   | 3                    | 0                    | 10                 | 350                     | 24               | 2                 | 5                  |   |
| <b>Cereal: Fruity Cereal</b>      |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
|                                   | plus                | choice of milk                  | See (page 11) for nutritional information |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
| <b>Kid's Milk Straw</b>           |                     |                                 |   |                      |                     |                      |                      |                    |                         |                  |                   |                    |   |
|                                   |                     | 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) |
|--|----------------------------------|-----------------------------|---------------|--|--------------|---------------|---------------|-------------|------------------|-------------|------------|-------------|
| <b>Lil' Barrel Cheeseburgers:</b> two mini cheeseburgers   |                                  | 580                         | 290           | 33                                       | 15           | 0             | 95            | 730         | 37               | 2           | 5          | 34          |
|  | plus Steak Fries                 | 340                         | 120           | 13                                       | 2.5          | 0             | 10            | 70          | 51               | 5           | 1          | 5           |
| <b>Grilled Cheese Sandwich</b>   |                                  | 480                         | 250           | 28                                       | 10           | 0             | 45            | 930         | 43               | 2           | 7          | 14          |
|  | plus Steak Fries                 | 340                         | 120           | 13                                       | 2.5          | 0             | 10            | 70          | 51               | 5           | 1          | 5           |
| Items below are served with choice of a Buttermilk Biscuit or Corn Muffin (see page 9 for nutritional information) |                                  |                             |               |  |              |               |               |             |                  |             |            |             |
| <b>Grilled Chicken Tenderloins:</b> three tenders  |                                  | 140                         | 30            | 3.5                                      | 0.5          | 0             | 70            | 310         | 2                | less than 1 | 2          | 24          |
| <b>Fried Chicken Tenderloins:</b> three tenders  |                                  | 300                         | 130           | 15                                       | 3            | 0             | 85            | 1070        | 13               | 2           | 0          | 29          |
|  | plus choice of Dill Pickle Ranch | 250                         | 250           | 27                                       | 4            | 0             | 20            | 250         | 2                | 0           | 2          | 2           |
|  | 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 |
| <b>Mmmm Mac n' Cheese</b>  |                                  | 540                         | 280           | 31                                       | 12           | 0             | 50            | 1410        | 45               | 3           | 6          | 19          |
| <b>Veggie Plate</b>  |                                  | choice of two Country Sides |               | See (page 7) for nutritional information |              |               |               |             |                  |             |            |             |
| <b>Crispy Rockin' Shrimp:</b> fried shrimp, hushpuppy, cocktail sauce, and steak fries                             |                                  | 710                         | 260           | 29                                       | 6            | 0             | 85            | 1510        | 91               | 13          | 8          | 20          |
| 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) |
| <b>Juices</b>  |                                  |                             |               |  |              |               |               |             |                  |             |            |             |
| 100% Premium Orange  |                                  | 130                         | 0             | 0  | 0            | 0             | 0             | 20          | 32               | less than 1 | 31         | 2           |
| Apple  |                                  | 170                         | 0             | 0  | 0            | 0             | 0             | 25          | 42               | 2           | 38         | 0           |
| <b>Milks</b>   |                                  |                             |               |  |              |               |               |             |                  |             |            |             |
| 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           |
| <b>Iced Tea</b>  |                                  |                             |               |  |              |               |               |             |                  |             |            |             |
| Unsweet  |                                  | 0                           | 0             | 0  | 0            | 0             | 0             | 0           | 1                | 0           | 0          | 0           |
| Sweet  |                                  | 100                         | 0             | 0  | 0            | 0             | 0             | 0           | 26               | 0           | 25         | 0           |
| Peach Tea  |                                  | 210                         | 0             | 0  | 0            | 0             | 0             | 30          | 51               | 0           | 51         | 0           |
| Southern Half n' Half  |                                  | 100                         | 0             | 0  | 0            | 0             | 0             | 5           | 24               | 0           | 15         | 1           |
| <b>Soft Drinks</b>   |                                  |                             |               |  |              |               |               |             |                  |             |            |             |
| 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           |
| Coca-Cola® Zero Sugar  |                                  | 0                           | 0             | 0  | 0            | 0             | 0             | 55          | 0                | 0           | 0          | 0           |
| Coca-Cola® Cherry  |                                  | 210                         | 0             | 0  | 0            | 0             | 0             | 50          | 58               | 0           | 58         | 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           |
| Seagram's Ginger Ale   |                                  | 120                         | 0             | 0  | 0            | 0             | 0             | 25          | 32               | 0           | 32         | 0           |



| 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           |
| <b>Crafted Coffee</b>                       |      |      |               |               |              |               |               |             |                  |           |            |             |
| 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 | 240  | 60            | 6             | 4            | 0             | 25            | 75          | 40               | 0         | 37         | 5           |
|   | Hot  | 280  | 70            | 8             | 5            | 0             | 30            | 115         | 43               | 0         | 41         | 7           |
| Caramel Latte                               | Iced | 260  | 60            | 6             | 4            | 0             | 25            | 80          | 44               | 0         | 39         | 5           |
|   | Hot  | 300  | 70            | 8             | 5            | 0             | 30            | 120         | 47               | 0         | 43         | 7           |
| Mocha                                       | Iced | 250  | 60            | 7             | 4            | 0             | 25            | 90          | 40               | 0         | 37         | 5           |
|   | Hot  | 290  | 80            | 9             | 5            | 0             | 30            | 135         | 45               | 0         | 42         | 8           |
| <b>Juices</b>                               |      |      |               |               |              |               |               |             |                  |           |            |             |
| Apple                                       |      | 220  | 0             | 0             | 0            | 0             | 0             | 30          | 56               | 2         | 50         | 0           |
| 100% Premium Orange                         |      | 180  | 0             | 0             | 0            | 0             | 0             | 30          | 43               | 1         | 41         | 2           |
| <b>Milks</b>                                |      |      |               |               |              |               |               |             |                  |           |            |             |
| Skim  |      | 180  | 0             | 0             | 0            | 0             | 10            | 260         | 26               | 0         | 24         | 16          |
| Reduced Fat                                 |      | 260  | 90            | 10            | 6            | 0             | 40            | 260         | 24               | 0         | 24         | 16          |
| Whole                                       |      | 300  | 140           | 16            | 10           | 0             | 70            | 240         | 24               | 0         | 22         | 16          |
| Chocolate                                   |      | 460  | 150           | 17            | 11           | 1             | 70            | 370         | 61               | 0         | 57         | 17          |
| Hot Tea                                     |      | 0    | 0             | 0             | 0            | 0             | 0             | 0           | 0                | 0         | 0          | 0           |
| <b>Iced Tea</b>                             |      |      |               |               |              |               |               |             |                  |           |            |             |
| 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           |
| Peach                                       |      | 240  | 0             | 0             | 0            | 0             | 0             | 35          | 59               | 0         | 59         | 0           |
| Southern Half n' Half                       |      | 200  | 0             | 0             | 0            | 0             | 0             | 10          | 48               | 0         | 31         | 1           |
| <b>Soft Drinks</b>                          |      |      |               |               |              |               |               |             |                  |           |            |             |
| 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           |
| Coca-Cola® Zero Sugar                       |      | 0    | 0             | 0             | 0            | 0             | 0             | 75          | 0                | 0         | 0          | 0           |
| Coca-Cola® Cherry                           |      | 280  | 0             | 0             | 0            | 0             | 0             | 65          | 77               | 0         | 77         | 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           |
| Seagram's Ginger Ale                        |      | 170  | 0             | 0             | 0            | 0             | 0             | 35          | 43               | 0         | 43         | 0           |
| <b>Other Beverages</b>                      |      |      |               |               |              |               |               |             |                  |           |            |             |
| Lemonade                                    |      | 230  | 0             | 0             | 0            | 0             | 0             | 20          | 55               | 0         | 25         | 2           |
| Stewart's Root Beer                         |      | 150  | 0             | 0             | 0            | 0             | 0             | 70          | 38               | 0         | 38         | 0           |
| Hot Chocolate: with chocolate whipped cream |      | 390  | 100           | 11            | 5            | 0             | 40            | 170         | 65               | 0         | 55         | 9           |



| Beer n' Wine (at participating stores)                 | 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) |  |
|--|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|------------|-------------|--|
| <b>Ice-Cold Beer (12 fl. oz.)</b>                      |      |               |               |              |               |               |             |                  |             |            |             |  |
| Bud Light  | 100  | 0             | 0             | 0            | 0             | 0             | 10          | 5                | 0           | 0          | 1           |  |
| Miller Lite  | 100  | 0             | 0             | 0            | 0             | 0             | 5           | 3                | 0           | 0          | 1           |  |
| Corona Extra   | 150  | 0             | 0             | 0            | 0             | 0             | 0           | 15               | 0           | 0          | 1           |  |
| Michelob Ultra   | 100  | 0             | 0             | 0            | 0             | 0             | 0           | 3                | 0           | 0          | 1           |  |
| Budweiser  | 150  | 0             | 0             | 0            | 0             | 0             | 10          | 11               | 0           | 0          | 1           |  |
| Blue Moon  | 170  | 0             | 0             | 0            | 0             | 0             | 0           | 14               | 0           | 0          | 1           |  |
| <b>Wine</b>  |      |               |               |              |               |               |             |                  |             |            |             |  |
| Gambino Sparkling Wine: 187 mL bottle                  | 120  | 0             | 0             | 0            | 0             | 0             | 0           | 2                | 0           | 0          | 1           |  |
| Roscato Moscato: 250 mL can                            | 200  | 0             | 0             | 0            | 0             | 0             | 0           | 0                | 0           | 0          | 0           |  |
| Sutter Home Chardonnay: 187 mL bottle                  | 150  | 0             | 0             | 0            | 0             | 0             | 10          | 5                | 0           | 2          | 0           |  |
| Roscato Sweet Red: 250 mL can                          | 200  | 0             | 0             | 0            | 0             | 0             | 0           | 0                | 0           | 0          | 0           |  |
| <b>Mimosas n' More (at participating stores)</b>       |      |               |               |              |               |               |             |                  |             |            |             |  |
| Orange Mimosa  | 150  | 0             | 0             | 0            | 0             | 0             | 0           | 8                | 0           | 5          | 1           |  |
| Strawberry Mimosa                                      | 260  | 0             | 0             | 0            | 0             | 0             | 0           | 38               | 0           | 34         | 1           |  |
| Peach Mimosa   | 240  | 0             | 0             | 0            | 0             | 0             | 25          | 30               | 0           | 28         | 1           |  |
| Bloody Mary  | 130  | 0             | 0             | 0            | 0             | 0             | 790         | 13               | 0           | 6          | 3           |  |
| <b>Desserts</b>  |      |               |               |              |               |               |             |                  |             |            |             |  |
| Double Fudge Coca-Cola® Cake: with one scoop ice cream | 680  | 240           | 27            | 10           | 0             | 40            | 270         | 103              | 3           | 84         | 6           |  |
| plus Ice Cream: one scoop                              | 120  | 60            | 7             | 4            | 0             | 25            | 35          | 12               | 0           | 12         | 2           |  |
| Biscuit Beignets                                       | 490  | 240           | 26            | 9            | 0             | 0             | 920         | 56               | 1           | 12         | 7           |  |
| plus Butter Pecan Sauce                                | 210  | 60            | 7             | 4.5          | 0             | 20            | 70          | 37               | less than 1 | 36         | 0           |  |
| Peach Cobbler: with one scoop ice cream                | 370  | 120           | 13            | 4.5          | 0             | 10            | 220         | 60               | 2           | 37         | 3           |  |
| plus Ice Cream: one scoop                              | 120  | 60            | 7             | 4.5          | 0             | 25            | 35          | 12               | 0           | 12         | 2           |  |



**Family Meal Baskets To-Go**

| Family Meal Baskets To-Go (Serves 5)   |  | 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 Family Meals come with choice of two Sides (see page 7 for nutritional information). All-Day Pancake Breakfast excluded.               |  |                  |               |               |              |               |               |             |                  |             |            |             |
| <b>All-Day Pancake Breakfast:</b>  |  |                  |               |               |              |               |               |             |                  |             |            |             |
| comes with   | 10 Pancakes (each)                     | 210              | 50            | 6             | 1            | 0             | 5             | 670         | 36               | 2           | 3          | 4           |
|  | Scrambled Eggs (total)                 | 730              | 430           | 48            | 16           | 0.5           | 1925          | 740         | 9                | 2           | 3          | 68          |
| plus choice of meat  | Thick-sliced Bacon: 15 slices (each)   | 70               | 50            | 6             | 2            | 0             | 15            | 150         | 0                | 0           | 0          | 5           |
|  | Smoked Sausage Patties: 10 each (each) | 120              | 90            | 10            | 4            | 0             | 30            | 200         | less than 1      | 0           | 0          | 7           |
|  | Turkey Sausage: 10 each                | 50               | 25            | 3             | 1            | 0             | 30            | 230         | less than 1      | 0           | 0          | 7           |
|  | Sugar Cured Ham: 5 each                | 220              | 130           | 15            | 3.5          | 0             | 55            | 960         | 1                | 0           | 1          | 18          |
| plus choice of   | Country Ham: 5 each                    | 270              | 120           | 13            | 5            | 0             | 95            | 1680        | 6                | 1           | 0          | 33          |
|  | Hashbrown Casserole (total)            | 1540             | 590           | 66            | 26           | 0             | 90            | 2810        | 195              | 20          | 4          | 42          |
|  | Fried Apples (total)                   | 1030             | 120           | 13            | 4.5          | 0             | less than 5   | 260         | 222              | 33          | 156        | 3           |
| <b>Chicken n' Dumplins</b>   | total                                  | 1590             | 290           | 32            | 11           | 0             | 445           | 5250        | 173              | 14          | 2          | 162         |
|  | per serving                            | 320              | 60            | 6             | 2            | 0             | 90            | 1050        | 35               | 3           | 0          | 32          |
| <b>Grilled Chicken Tenders: 20 each</b>  | each                                   | 40               | 10            | 1             | 0            | 0             | 15            | 140         | 1                | 0           | 1          | 6           |
|  | plus choice of                         | BBQ sauce: 6 oz. | 250           | 30            | 3            | 1             | 0             | 0           | 1045             | 53          | 1          | 50          |
| Honey Mustard: 6 oz.   |  | 670              | 565           | 63            | 9            | 1             | 50            | 1193        | 25               | 1           | 22         | 2           |
| <b>Fried Chicken Tenders: 20 each</b>  | each                                   | 100              | 45            | 5             | 1            | 0             | 30            | 360         | 4                | less than 1 | 0          | 10          |
|  | plus choice of                         | BBQ sauce: 6 oz. | 250           | 30            | 3            | 1             | 0             | 0           | 1045             | 53          | 1          | 50          |
| Honey Mustard: 6 oz.   |  | 670              | 565           | 63            | 9            | 1             | 50            | 1193        | 25               | 1           | 22         | 2           |
| <b>Meatloaf: 8 family-size slices</b>  | each                                   | 260              | 160           | 17            | 7            | 0             | 70            | 470         | 8                | 1           | 2          | 18          |
|  | total                                  | 4930             | 2700          | 300           | 70           | 0             | 1430          | 14200       | 234              | 26          | 0          | 325         |
| <b>Southern Fried Chicken</b>  | per serving                            | 990              | 540           | 60            | 14           | 0             | 285           | 2840        | 47               | 5           | 0          | 65          |
|  | each                                   | 530              | 260           | 29            | 6            | 0             | 100           | 1370        | 32               | 2           | 1          | 36          |
| <b>Sunday Homestyle Chicken®: 5 each</b>   | total                                  | 3370             | 1270          | 141           | 32           | 0             | 465           | 9130        | 424              | 64          | 57         | 100         |
|  | per serving                            | 670              | 250           | 28            | 6            | 0             | 95            | 1830        | 85               | 13          | 11         | 20          |
| <b>Country Fried Shrimp: catfish, hushpuppies, fries, tartar sauce, and lemon wedges</b>   | total                                  | 2930             | 2050          | 228           | 44           | 2             | 320           | 4350        | 123              | 14          | 29         | 98          |
|  | per serving                            | 590              | 410           | 46            | 9            | 0             | 65            | 870         | 25               | 3           | 6          | 20          |
| Sirloin Steak Tips n' Tenders come with choice of grilled chicken tenders or fried chicken tenders (see above for nutritional information) |  |                  |               |               |              |               |               |             |                  |             |            |             |
| <b>Sirloin Steak Tips n' Tenders: steak tips, with garlic butter glaze</b>   | total                                  | 1510             | 980           | 109           | 48           | 0.5           | 315           | 4770        | 3                | 1           | 0          | 131         |
|  | per serving                            | 300              | 200           | 22            | 10           | 0             | 65            | 950         | 1                | 0           | 0          | 26          |



| Family Meal Sides (serves 5) |                           | 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 Beans                  | total                     | 420  | 180           | 20            | 8            | 0             | 55            | 2300        | 49               | 21          | 8          | 10          |
|                              | per serving               | 80   | 40            | 4.0           | 1.5          | 0             | 10            | 460         | 10               | 4           | 2          | 2           |
| Carrots                      | total                     | 640  | 60            | 7             | 1            | 0             | 95            | 1020        | 133              | 25          | 74         | 10          |
|                              | per serving               | 130  | 12            | 1.5           | 0            | 0             | 20            | 200         | 27               | 5           | 15         | 2           |
| Corn                         | total                     | 1770 | 660           | 73            | 13           | 0             | 155           | 850         | 250              | 26          | 7          | 28          |
|                              | per serving               | 350  | 130           | 15            | 2.5          | 0             | 30            | 170         | 50               | 5           | 1          | 6           |
| Broccoli                     | total                     | 150  | 5             | 0.5           | 0            | 0             | 0             | 45          | 22               | 14          | 3          | 14          |
|                              | per serving               | 30   | 0             | 0             | 0            | 0             | 0             | 10          | 4                | 3           | 1          | 3           |
| Dumplings                    | total                     | 960  | 230           | 26            | 8            | 0             | 5             | 4380        | 168              | 14          | 2          | 22          |
|                              | per serving               | 190  | 50            | 5             | 1.5          | 0             | 0             | 880         | 34               | 3           | 0          | 4           |
| Fresh Seasonal Fruit         | total                     | 250  | 10            | 2             | 0            | 0             | 0             | 0           | 62               | 12          | 43         | 4           |
|                              | per serving               | 50   | 0             | 0             | 0            | 0             | 0             | 0           | 12               | 2           | 9          | 1           |
| Mashed Potatoes              | total                     | 1300 | 570           | 63            | 11           | 0             | 40            | 1130        | 164              | 17          | 5          | 21          |
|                              | per serving               | 260  | 110           | 13            | 2.5          | 0             | 10            | 230         | 33               | 3           | 1          | 4           |
| plus choice of               | Roast Beef Gravy (16 oz.) | 290  | 140           | 16            | 3            | 0             | 0             | 2300        | 29               | 7           | 2          | 10          |
|                              | Sawmill Gravy (16 oz.)    | 640  | 370           | 42            | 17           | 0             | 45            | 1300        | 48               | 2           | 18         | 19          |
| Coleslaw                     | total                     | 1230 | 940           | 105           | 16           | 1.5           | 100           | 840         | 69               | less than 1 | 67         | 2           |
|                              | per serving               | 250  | 190           | 21            | 3            | 0             | 20            | 170         | 14               | less than 1 | 13         | 0           |
| Pinto Beans                  | total                     | 1080 | 140           | 16            | 5            | 0             | 95            | 1960        | 155              | 50          | 3          | 78          |
|                              | per serving               | 220  | 30            | 3             | 1            | 0             | 20            | 390         | 31               | 10          | 1          | 16          |
| Turnip Greens                | total                     | 480  | 160           | 17            | 7            | 0             | 90            | 1840        | 30               | 18          | 3          | 50          |
|                              | per serving               | 100  | 30            | 3.5           | 1.5          | 0             | 15            | 370         | 6                | 4           | 1          | 10          |
| Hashbrown Casserole          | total                     | 1540 | 590           | 66            | 26           | 0             | 90            | 2810        | 195              | 20          | 4          | 42          |
|                              | per serving               | 310  | 120           | 13            | 5            | 0             | 20            | 560         | 39               | 4           | 1          | 8           |
| Fried Apples                 | total                     | 1030 | 120           | 13            | 4.5          | 0             | less than 5   | 260         | 222              | 33          | 156        | 3           |
|                              | per serving               | 210  | 20            | 3             | 1            | 0             | 0             | 50          | 45               | 7           | 31         | 1           |
| Loaded Hashbrown Casserole   | total                     | 2790 | 1530          | 169           | 78           | 0.5           | 380           | 5870        | 200              | 20          | 6          | 118         |
|                              | per serving               | 560  | 310           | 34            | 16           | 0             | 75            | 1170        | 40               | 4           | 1          | 24          |
| Macaroni n' Cheese           | total                     | 1620 | 850           | 94            | 36           | 1             | 145           | 4220        | 136              | 10          | 20         | 58          |
|                              | per serving               | 320  | 170           | 19            | 7            | 0             | 30            | 840         | 27               | 2           | 4          | 12          |
| Cornbread Dressing           | total                     | 2520 | 1290          | 143           | 29           | 0.5           | 190           | 7650        | 264              | 43          | 28         | 42          |
|                              | per serving               | 500  | 260           | 29            | 6            | 0             | 40            | 1530        | 53               | 9           | 6          | 8           |
| Sweet Potato Casserole       | total                     | 1400 | 250           | 28            | 4.5          | 0             | 0             | 640         | 273              | 17          | 213        | 15          |
|                              | per serving               | 280  | 50            | 6             | 1            | 0             | 0             | 130         | 55               | 3           | 43         | 3           |
| turnip Greens                | total                     | 1370 | 730           | 81            | 21           | 0             | 45            | 3900        | 137              | 2           | 5          | 24          |
|                              | per serving               | 270  | 150           | 16            | 4.5          | 0             | 10            | 780         | 27               | less than 1 | 1          | 5           |
| Fried Okra                   | total                     | 1240 | 420           | 47            | 9            | 0             | 50            | 2600        | 188              | 12          | 8          | 16          |
|                              | per serving               | 250  | 80            | 9             | 1.5          | 0             | 10            | 520         | 38               | 2           | 2          | 3           |
| Steak Fries                  | total                     | 1700 | 580           | 64            | 12           | 0             | 45            | 360         | 256              | 26          | 4          | 25          |
|                              | per serving               | 340  | 120           | 13            | 2.5          | 0             | 10            | 70          | 51               | 5           | 1          | 5           |



| Barrel Bites (serves 5)         |             | 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) |   |
|---------------------------------|-------------|----------------------------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|---|
| Loaded Hashbrown Casserole Tots | total       | 1210                       | 730           | 81            | 30           | 0             | 120           | 3290        | 84               | 1           | 4           | 39          |   |
|                                 | per serving | 240                        | 150           | 16            | 6            | 0             | 25            | 660         | 17               | 0           | 1           | 8           |   |
| Biscuits Beignets               | total       | 1600                       | 790           | 88            | 31           | 0             | 0             | 3080        | 179              | 4           | 32          | 22          |   |
|                                 | per serving | 320                        | 160           | 18            | 6            | 0             | 0             | 620         | 36               | less than 1 | 6           | 4           |   |
|                                 | comes with  | Butter Pecan Sauce (8 oz.) | 660           | 190           | 22           | 14            | 0             | 60          | 230              | 119         | less than 1 | 117         | 0 |
| Fried Pickles                   | total       | 1760                       | 1010          | 112           | 19           | 0.5           | 0             | 6890        | 169              | 9           | 2           | 18          |   |
|                                 | per serving | 350                        | 200           | 22            | 4            | 0             | 0             | 1380        | 34               | 2           | 0           | 4           |   |
|                                 | comes with  | Buttermilk Ranch: 4 oz.    | 380           | 360           | 40           | 6             | 1             | 35          | 840              | 5           | 0           | 3           | 2 |
| Cheese Bites                    | total       | 1710                       | 1040          | 116           | 64           | 2.5           | 265           | 3110        | 84               | 2           | 12          | 82          |   |
|                                 | per serving | 340                        | 210           | 23            | 13           | 0             | 55            | 620         | 17               | 0           | 2           | 16          |   |
|                                 | comes with  | Buttermilk Ranch: 4 oz.    | 380           | 360           | 40           | 6             | 1             | 35          | 840              | 5           | 0           | 3           | 2 |
| Family Meal Desserts (serves 5) |             | 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) |   |
| Chocolate Chip Cookies: 5 each  |             | each                       | 240           | 100           | 11           | 6             | 0             | 30          | 120              | 30          | 1           | 19          | 3 |
| Biscuit Beignets                | total       | 1600                       | 790           | 88            | 31           | 0             | 0             | 3080        | 179              | 4           | 32          | 22          |   |
|                                 | per serving | 320                        | 160           | 18            | 6            | 0             | 0             | 620         | 36               | less than 1 | 6           | 4           |   |
|                                 | comes with  | Butter Pecan Sauce (8 oz.) | 660           | 190           | 22           | 14            | 0             | 60          | 230              | 119         | less than 1 | 117         | 0 |
| Peach Cobbler                   | total       | 1860                       | 600           | 66            | 23           | 0             | 40            | 1110        | 301              | 9           | 185         | 14          |   |
|                                 | per serving | 370                        | 120           | 13            | 4.5          | 0             | 10            | 220         | 60               | 2           | 37          | 3           |   |
| Coke Cake                       | each        | 680                        | 240           | 27            | 10           | 0             | 40            | 270         | 103              | 3           | 84          | 6           |   |