



NUTRITIONAL FACTS N' FIGURES

This information is applicable as of 3/8/24

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"Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy 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)
Old Timer's Breakfast: 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
Grandpa's Country Fried Breakfast®: 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
The Cracker Barrel's Country Boy Breakfast®: 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
Build Your Own Homestyle Breakfast : 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
Premium Meats	Fried Sunday Homestyle Chicken®	530	260	29	6	0	100	1370	32	2	0	36
	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)
Grandma's Sampler Pancake Breakfast: 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										
Grandma's Sampler French Toast Breakfast: 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										
Momma's Pancake Breakfast: 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
Momma's French Toast Breakfast: 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
Fresh Berry French Toast Bake: french toast bake, strawberries, blueberries, whipped cream, and powdered sugar		820	90	37	6	1	225	720	105	4	60	17
plus	Strawberry Syrup	180	0	0	0	0	0	15	44	0	40	0
Stuffed Cheesecake Pancake Breakfast: 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
Upgrades: For Momma's and Grandma's		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
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
Syrups		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)
Biscuit Benny: 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										
Hashbrown Casserole Breakfasts:												
Bacon n' Egg Hashbrown Casserole: Hashbrown Casserole, Scrambled Eggs, Bacon, Cheese, Fried Onions, Green Onions, and Diced Tomatoes		980	550	61	25	0	490	1820	59	6	3	49
Steak n' Egg Hashbrown Casserole: 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
Sunday Homestyle Chicken® n' French Toast: Sunday Homestyle Chicken®, French Toast, Powdered Sugar, and Whipped Butter		1500	860	96	33	0	430	2190	111	6	26	54
Pancake Tacos: 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)
Egg Sandwich: two eggs, sourdough bread, tomato, Duke's Mayonnaise		470	220	26	5	0	395	400	44	3	7	20
Available with choice of meat	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
	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										
Biscuits n' Gravy with Bacon or Sausage: 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
Biscuit Breakfast:												
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
Available with plus choice of	American Cheese: two slices	140	100	12	7	0	40	590	1	0	1	7
	One Breakfast Side	See page 4 for nutritional information										

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)												
Monday	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
Tuesday	Meatloaf	520	310	35	14	0	140	930	17	3	5	35
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing											
	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
Friday												
Fish Fry: four cod fillets		590	210	24	4.5	0	150	1610	57	2	0	37
	plus Tartar Sauce	See page 10 for nutritional information										
Country Coastal Sampler:												
	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										
Saturday	Southern Fried Pork Chops	1040	650	72	17	0	140	2400	43	3	2	53
Sunday	Sunday Homestyle Chicken®	1060	520	58	12	0	200	2740	64	4	2	71
Cracker Barrel Favorites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Cracker Barrel Favorites come with your choice of two or three sides (see page 7 for nutritional information) and your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
Country Fried Steak: with sawmill gravy		600	250	28	8	0	65	1410	50	1	2	37
Meatloaf		520	310	35	14	0	140	930	17	3	5	35
Roast Beef		480	260	29	12	1	130	780	10	0	0	45
Chicken n' Dumplins		450	80	9	2.5	0	100	1680	52	6	1	40
Chicken Fried Chicken: Sunday Homestyle Chicken Breasts with sawmill gravy		1140	570	60	14	0.4	205	2910	70	5	4	74
Chicken Tenders: 6 tenders												
	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
U.S. Farm-Raised Catfish: 2 fillets												
	your choice of Spicy Grilled	260	100	11	3	0	95	650	2	1	less than 1	38
	Fried: with hushpuppies and tartar sauce	810	510	57	12	0	115	1390	35	4	5	38
Ham												
	your choice of Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Hickory-Smoked Country Ham	540	230	26	10	0	190	3360	12	2	0	66
Cracker Barrel Sampler: Chicken n' Dumplins and Meatloaf		860	370	41	16	0	205	2230	58	7	6	63
	your choice of Sugar Cured Ham	440	260	29	7	0	115	1910	2	0	2	36
	Hickory-Smoked Country Ham	540	230	26	10	0	190	3360	12	2	0	66
	plus choice of three Country Sides	See page 7 for nutritional information										

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)												
Cracker Barrel Classics Sampler (two or three entrees)												
choice of	Meatloaf	520	310	35	14	0	140	930	17	3	5	35
	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
Skillet Sirloin Steak Sampler												
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
Tips, Tenders, and Shrimp Sampler												
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
Signature Fried Chicken		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Comes with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
Southern Fried Chicken		1640	900	100	23	0	475	4730	78	9	0	108
plus choice of	two Country Sides	See page 7 for nutritional information										
Sunday Homestyle Chicken®		1060	520	58	12	0	200	2740	64	4	2	71
plus choice of	two Country Sides	See page 7 for nutritional information										
Buttermilk Buffalo Ranch Mac n' Cheese		930	480	54	16	0	140	3810	63	6	8	49
Home Cooked Classics		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Home Cooked Classics come with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
Smoky Southern Grilled Chicken		280	45	5	1.5	0	175	720	0	0	0	58
Maple Bacon Grilled Chicken		850	390	43	19	0	265	1810	35	1	27	82
Hamburger Steak: seasoned with garlic butter		440	280	31	11	1.5	125	200	1	less than 1	0	36
Available with	Smothered with Sautéed Onions and Gravy	50	10	1.5	0	0	0	220	8	2	3	2
Chicken Pot Pie		960	500	55	29	0	105	2740	82	7	4	35
U.S. Farm Raised Catfish Fillet: 1 fillet												
your choice of	Spicy Grilled	130	50	5	1.5	0	50	330	less than 1	less than 1	0	19
	Fried	400	290	32	7	0	60	580	9	1	3	18
plus choice of	two Country Sides	See page 7 for nutritional information										
Country Vegetable Plate		Choose four Country Sides	See page 7 for nutritional information									

Southern Suppers		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Southern Suppers come with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
Grilled Sirloin Steak		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										
Lemon Pepper Grilled Rainbow Trout: 2 fillets		330	130	14	3.5	0	140	610	6	less than 1	0	43
plus choice of two Country Sides		See page 7 for nutritional information										
Country Fried Shrimp: with hushpuppies and cocktail sauce		900	330	36	8	0	90	2040	121	16	15	22
plus choice of two Country Sides		See page 7 for nutritional information										
Add these items below with any Southern Supper												
Country Fried Shrimp: half portion		350	126	14	3.5	0	75	1620	42	1	13	14
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
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>												
Applesauce (Kid's Menu)		50	5	0	0	0	0	0	13	1	7	0
Breaded Fried Okra		250	80	9	2	0	10	520	38	2	2	3
Cheesy Coarse Ground Grits		190	110	13	4.5	0	15	390	14	less than 1	3	5
Cole Slaw		250	190	21	3	0	20	170	14	0	13	0
Cornbread Dressing (served with Turkey n' Dressing)		310	160	18	3.5	0	25	960	33	5	4	5
Country Green Beans		60	25	3	1	0	10	310	7	3	1	1
Dumplins		210	50	6	2	0	0	940	36	3	less than 1	5
Steamed Broccoli		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
Fried Apples		170	20	2	0.5	0	0	45	37	6	26	less than 1
Hashbrown Casserole		190	70	8	3	0	10	350	24	2	0	5
Macaroni n' Cheese		270	140	16	6	0	25	700	23	2	3	10
Mashed Potatoes		200	80	9	2	0	5	170	25	3	less than 1	3
plus choice of Turkey Gravy		10	0	0.5	0	0	less than 5	170	2	0	0	less than 1
Brown Gravy		20	10	1	0	0	0	140	2	0	0	less than 1
Sawmill Gravy		40	25	2.5	1	0	less than 5	80	3	0	1	1
Pinto Beans		140	20	2	1	0	15	260	21	7	0	10
Steak Fries		340	120	13	2.5	0	10	70	51	5	1	5
Sweet Potato Casserole (served with Turkey n' Dressing)		190	35	4	1	0	0	85	36	2	28	2
Sweet Whole Baby Carrots		90	10	1	0	0	15	140	18	3	10	1
Turnip Greens		100	30	4	1	0	15	380	6	4	0	10
Whole Kernel Corn		180	70	8	1	0	15	85	26	3	less than 1	3
<i>Premium Sides</i>												
Loaded Mashed Potatoes		320	180	20	7	0	35	510	25	3	1	11
Loaded Baked Sweet Potato		530	220	25	12	0	50	230	75	7	40	6
Loaded Baked Potato		520	350	39	22	0	105	2470	28	2	2	15
Hashbrown Casserole Tots		280	150	17	4.5	0	10	800	28	less than 1	1	5
Bacon Macaroni n' Cheese		380	210	24	9	0	35	940	28	2	4	13
Loaded Hashbrown Casserole		350	190	21	10	0	50	730	25	2	1	15
Two Buttermilk Pancakes: with one scoop whipped butter		530	210	23	10	0	45	1840	74	0	6	6
Fresh Seasonal Fruit		70	2	0	0	0	0	0	18	3	13	1
Bowl of Pinto Beans		470	60	6	2	0	40	850	73	21	7	32
Bowl of Turnip Greens		250	90	10	4	0	125	780	16	8	2	24
Beans n' Greens		410	80	9	3	0	90	990	51	16	7	32

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
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)												
Monday	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
Tuesday	Meatloaf	460	240	27	9	0	75	640	33	4	3	21
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing											
	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
Monday-Friday: Pick 2 Combo												
	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)												
Homestyle Fried Chicken Salad		850	430	47	14	0	320	1870	52	5	8	53
Homestyle Grilled Chicken Salad		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										
House Salad		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)												
Homestyle Chicken BLT												
	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
The Barrel Cheeseburger		990	530	60	22	1.5	175	1070	56	2	11	56
	Available with Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9

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
Salad Dressing: 2.5 oz. (served with our Entrée Salads)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		170	120	13	2	0	0	470	13	0	12	0
Blue Cheese Dressing		310	290	32	7	0.5	45	780	3	0	2	3
Buttermilk 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
Salad Dressing: 2 oz. (served with House Salad)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		140	100	11	1.5	0	0	380	11	0	10	0
Blue Cheese Dressing		250	230	26	5	0	35	620	2	0	2	2
Buttermilk 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)
Bread or Toast												
	Biscuit: each	160	50	6	2	0	0	310	23	less than 1	1	3
	Cornbread: each	210	100	11	3	0	30	510	24	4	2	5
	Multigrain: one slice	100	15	2	0	0	0	180	19	1	2	3
	Sourdough: one slice	110	20	2	0	0	0	85	21	1	3	3
	White: one slice	70	10	1	0	0	0	140	14	0	1	2
	Crackers: 2 packs	70	20	2	0	0	0	60	12	0	0	0
Toppings												
	Real Butter: each	35	35	4	3	0	10	30	0	0	0	0
	Best Preserves n' Jam: each	40	0	0	0	0	0	0	12	0	11	0
	Bacon Pieces: 0.5 oz.	70	50	6	2	0	15	250	0	0	0	5
	Colby Cheese Shreds: 1 oz.	110	80	9	6	0	25	170	less than 1	0	0	7
	Sour Cream: 1 oz.	60	45	5	4	0	20	15	1	0	1	1
Other												
	Hushpuppies: each	50	20	2.5	0	0	0	115	7	0	less than 1	less than 1
Sauces												
	BBQ: 2 oz.	80	10	1	0	0	0	350	18	0	16	0
	Cocktail Sauce: 1 oz.	35	0	0	0	0	0	340	8	less than 1	6	0
	Cranberry Sauce: 1 oz.	45	0	0	0	0	0	0	11	0	9	0
	Dill Pickle Ranch: 2 oz.	250	250	27	4	0	20	250	2	0	2	2
	Honey Mustard: 2 oz.	220	190	21	3	0	15	400	8	0	7	less than 1
	Ranch: 2 oz.	190	180	20	3	0	15	420	2	0	2	less than 1
	Tartar Sauce: 1 oz.	140	130	14	2	0	5	100	2	0	2	0
Kid's Breakfast Menu		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Mini Confetti Pancakes		350	80	8	2	0	10	1360	64	less than 1	9	5
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	plus your choice of Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
Mini Pancakes		320	70	8	1.5	0	10	1320	58	less than 1	7	5
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	plus your choice of Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
Egg n' Biscuit												
	One Buttermilk Biscuit	160	50	6	2	0	0	310	23	less than 1	1	3
	One Scrambled egg	70	70	7	1.5	0	160	70	1	0	0	6
	plus Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
Biscuit Breakfast Sandwich												
	choice of Bacon n' Biscuit	230	100	12	4	0	15	460	23	less than 1	1	8
	Smoked Sausage n' Biscuit	280	140	16	6	0	30	510	24	0	1	10
	plus One Scrambled egg	70	70	7	1.5	0	160	70	1	0	0	6
	Hashbrown Casserole	240	140	16	2.5	0	0	320	22	1	0	2
Cereal: Fruity Cereal		190	70	8	3	0	10	350	24	2	0	5
	plus choice of milk	See (page 11) for nutritional information										
Kid's Milk Straw		20	0	0	0	0	0	0	4	0	4	0

Kid's Lunch n' Dinner Menu		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Lil' Barrel Cheeseburgers: two mini cheeseburgers		580	290	33	15	0	95	730	37	2	5	34
	plus Steak Fries	340	120	13	2.5	0	10	70	51	5	1	5
Grilled Cheese Sandwich		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)												
Grilled Chicken Tenderloins: three tenders		140	30	3.5	0.5	0	70	310	2	less than 1	2	24
Fried Chicken Tenderloins: 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
Mmmm Mac n' Cheese		540	280	31	12	0	50	1410	45	3	6	19
Veggie Plate		choice of two Country Sides See (page 7) for nutritional information										
Crispy Rockin' Shrimp: fried shrimp, hushpuppy, cocktail sauce, and 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)
Juices												
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
Milks												
Skim		90	0	0	0	0	less than 5	130	13	0	12	8
Reduced Fat		130	45	5	3	0	20	130	12	0	12	8
Whole		150	70	8	5	0	35	120	12	0	11	8
Chocolate		230	80	9	5	0	35	190	30	0	28	9
Iced Tea												
Unsweet		0	0	0	0	0	0	0	1	0	0	0
Sweet		100	0	0	0	0	0	0	26	0	25	0
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
Soft Drinks												
Diet Coke		0	0	0	0	0	0	50	0	0	0	0
Coca-Cola® Classic		140	0	0	0	0	0	45	39	0	39	0
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
Crafted Coffee												
Plain Latte	Iced	90	30	3.5	2	0	15	90	8	0	8	6
	Hot	140	50	5	3	0	20	140	13	0	13	9
Vanilla Latte	Iced	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
Juices												
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
Milks												
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
Iced Tea												
Unsweet		0	0	0	0	0	0	0	less than 1	0	0	0
Sweet		130	0	0	0	0	0	0	34	0	34	0
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
Soft Drinks												
Diet Coke		0	0	0	0	0	0	65	0	0	0	0
Coca-Cola® Classic		190	0	0	0	0	0	60	52	0	52	0
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
Other Beverages												
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)	
Ice-Cold Beer (12 fl. oz.)												
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	
Wine												
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	
Mimosas n' More (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)	
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	
Desserts												
	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
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.													
All-Day Pancake Breakfast:													
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	
	Country Ham: 5 each	270	120	13	5	0	95	1680	6	1	0	33	
plus choice of	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	
Chicken n' Dumplins		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
Grilled Chicken Tenders: 20 each		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	1	
	Honey Mustard: 6 oz.	670	565	63	9	1	50	1193	25	1	22	2	
Fried Chicken Tenders: 20 each		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	1	
	Honey Mustard: 6 oz.	670	565	63	9	1	50	1193	25	1	22	2	
Meatloaf: 8 family-size slices		each	260	160	17	7	0	70	470	8	1	2	18
		total	4930	2700	300	70	0	1430	14200	234	26	0	325
Southern Fried Chicken		per serving	990	540	60	14	0	285	2840	47	5	0	65
Sunday Homestyle Chicken®: 5 each		each	530	260	29	6	0	100	1370	32	2	1	36
Country Fried Shrimp: catfish, hushpuppies, fries, tartar sauce, and lemon wedges		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
Fried Catfish: with tartar sauce, lemon wedges and hushpuppies		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)													
Sirloin Steak Tips n' Tenders: steak tips, with garlic butter glaze		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
		1230	940	105	16	1.5	100	840	69	less than 1	67	2
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
Hashbrown Casserole Tots	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
	total	1600	790	88	31	0	0	3080	179	4	32	22
Biscuit Beignets	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