

Nutrition Information

Ingredient Info

Item	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Ingredient Info	
													Ingredient Statement	
Breakfast Sandwich	Sausage Egg and Cheese French Toast	248	580	261	29	11	355	1460	52	2	17	27	X	
	Bacon Egg and Cheese French Toast	217	500	189	21	8	340	1310	51	1	17	25	X	
	Angus Steak, Egg, & Cheese Bagel	205	540	252	28	11	2	175	960	42	1	3	30	X
	Sausage Egg and Cheese Biscuit	180	530	297	33	17		150	1610	36	1	4	19	X
	Sunrise Steak Burger	236	670	387	43	16	1	235	1250	32	1	5	38	X
	Chicken Biscuit	140	390	153	17	9		20	1160	40	1	2	15	X
	Canadian Style Bacon, Egg & Cheese Muffin	147	340	16	144	5		150	1060	27		1	20	X
Breakfast Entrees/Sides	Sausage Patties (2)	86	290	252	28	9	60	520				8	X	
	Bacon (4 Slices)	57	240	180	20	8	60	1170				16	X	
	Biscuits & Gravy	425	740	378	42	20		70	2390	69	4	2	20	X
	Scrambled Eggs	283	310	135	15	4		490	980	8		5	28	X
	Hashbrown Patty	60	140	72	8	2			220	12	1	1	1	X
	Home Fries	99	190	99	11	2			410	21	1		2	X
	Sausage Gravy Medium	280	350	250	28	13		69	1225	10			16	X
	Sausage Gravy Large	392	490	350	39	18		96	1715	14	1		22	X
	Maple Brown Sugar Oatmeal Medium	340	280	71	7	4		14	184	45	3	20	6	X
	Maple Brown Sugar Oatmeal Large	454	400	99	10	6		20	258	63	4	28	8	X
	Biscuits & Gravy (container)	482	810	423	47	23		85	2630	72	2	4	23	X
Sides	Green Beans	397	140	81	9	2	2		105	24	10	5	5	X
	Mashed potatoes	283	420	270	30	15	2	60	1050	33	4	4	6	X
	Mashed potatoes (10 oz) & brown gravy (1 oz)	312	440	279	31	16	2	60	1180	35	4	4	6	X
	Potato Wedges	173	310	153	17	3			790	36	4		4	X
	Brown Gravy	28	20	9	1			5	135	2				X
	Biscuit	71	200	72	8	5			600	29	1	2	3	X
	Baked beans	283	330	18	2				1090	70	9	26	13	X
	Corn	283	320	108	12	2	2		80	54	9	15	9	X
	Hushpuppy	17	45	18	2				130	6		1	1	X
Entrée	Roasted Chicken Half	252	540	270	30	8		195	1830	6		3	60	X
	Meatloaf (2 slices) w/ Ketchup & Brown Sugar Glaze	295	720	288	32	12		160	1160	53	2	43	50	X
	Pot Roast	283	360	144	16	7		90	900	8	2	2	39	X
	Alaskan Cod Filet	119	260	135	15	3		30	650	20	1		12	X
	Chicken Fried Steak 1 Piece w/white gravy	154	315	165	18	5.75	0	40	830	24	0	1	18	X
	Chicken Fried Steak 2 Piece w/white gravy	308	630	330	36	11.5	0	80	1660	48	0	2	36	X
Traditional Hot Foods	Corn Dog (fried)	117	310	162	18	5		45	700	27	1	9	10	X
	Corn Dog (baked)	113	280	126	14	4		45	700	27	1	9	10	X
	Jalapeno Cheese Corn Dog (baked)	113	280	126	14	5		55	900	28	1	9	10	X
	Burrito Beef & Bean	113	290	126	14	5		15	340	33	3	1	9	X
	Cheeseburger	160	440	220	20	10		80	920	30	5	5	30	X
	Double Bacon Cheeseburger	270	800	480	50	20		180	1890	30	5	5	50	X
	Classic Chicken Sandwich	179	500	207	23	4		45	1050	49	2	5	26	X
	Classic Double Steak Burger	261	730	432	48	20	2	155	1240	31	1	5	43	X
	Classic Steak Burger	162	460	234	26	10	1	80	760	31	1	5	25	X
	Chicken Parmesan Sandwich	243	640	279	31	10		65	1550	52	3	7	36	X
	Macaroni and Cheese (Medium)	280	680	262	29	10	4	35	1600	3	3	10	26	X
	Macaroni and Cheese (Large)	392	960	367	41	14	7	49	2240	4	4	14	36	X
	Chicken Wing (ea)	28	65	39	4			18	193				5	X
	Chicken Wing Spicy (ea)	28	70	40	5			18	223				5	X
	Chicken Tender (ea)	60	130	63	7	1		13	330	10			8	X
	Egg Roll Pork (ea)	85	180	80	9	2		15	450	18			10	X
	Taco Bar	Breakfast Taco w/ Bacon (3 strips of bacon)	90	290	160	18	5		120	921	16			16
Breakfast Taco w/ Sausage		116	310	200	22	8		126	780	25			13	X
Breakfast Taco w/ Chorizo		90	280	170	20	10		120	530	40	5		10	X
Taco w/ Steak		140	320	160	20	10		60	960	20	5		20	X
Taco w/ Texas Sausage		130	370	250	30	60		60	920	20	5		20	X
Taco w/ Chicken		155	220	64	7	4		44	746	19			22	X
Vegetarian Taco (Bean & cheese)		80	270	70	10	5		10	790	40	10		10	X
Boudin Ball	43	70	20	3	1		15	200	7			4	X	
Meat Pie	1 ea	330	130	14	4		20	390	35	5		10	X	