



# NUTRITIONAL FACTS N' FIGURES

This information is applicable as of 10/25/22

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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. ©2022 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: two eggs</b>		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®: two eggs</b>		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®: three eggs</b>		210	200	22	4.5	0	475	210	2	less than 1	1	19
with choice of	Sirloin Steak	350	150	17	5	0.5	150	210	1	less than 1	0	49
	Sugar Cured Ham (8 oz.)	440	260	29	7	0	115	1910	2	0	2	36
	Country Ham (8 oz.)	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 : two eggs</b>		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	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 (4 oz.)	220	130	15	3.5	0	55	960	1	0	1	18
	Country Ham (4 oz.)	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

Pancakes n' Such		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<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>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>Grandma's Sampler:</b> two eggs		150	90	10	3	0	385	150	2	0	1	14
plus choice of	Pancakes: 2 each	530	210	23	10	0	45	1840	74	0	6	6
	French Toast: 4 halves	670	420	47	16	0	205	570	54	2	18	12
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	One Breakfast Sides	See page 4 for nutritional information										
<b>Momma's Pancake Breakfast:</b> three pancakes with butter and and two eggs		880	340	38	14	0	435	2870	113	less than 1	10	23
	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>Buttermilk Pancakes with 100% Pure Natural Syrup:</b> three pancakes with butter		740	260	29	11	0	50	2720	111	0	9	9
<b>Buttermilk Pancakes with Fruit Topping:</b> three pancakes		630	150	16	3	0	20	2640	111	0	9	9
plus choice of	Country Peach n' Real Whipped Cream	280	80	9	3	0	15	65	53	1	43	0
	Cinnamon Spiced Apple n' Real Whipped Cream	390	100	11	7	0	30	105	72	6	58	1
<b>Wild Maine Blueberry Pancakes:</b> three pancakes with butter		760	260	29	11	0	50	2720	118	3	14	9
<b>Pecan Pancakes:</b> three pancakes with butter		1130	620	70	14	0	50	2720	119	8	12	15
plus	Our Blueberry Syrup	200	0	0	0	0	0	0	50	0	39	0
<b>Momma's French Toast Breakfast:</b> eight halves with butter and two eggs		1130	580	65	21	0	755	980	107	5	35	38
	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>French Toast:</b> eight halves with butter		990	490	55	18	0	370	830	105	4	34	25
plus choice of	Sweet Toppings	See Sweet Toppings section (page 3) for nutritional information										

<b>Sweet Toppings</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>
100% Pure Natural Syrup		150	0	0	0	0	0	0	39	0	37	0
Our Blueberry Syrup		200	0	0	0	0	0	0	50	0	39	0
Sugar Free Syrup		10	0	0	0	0	0	70	4	0	0	0
Strawberry Syrup		180	0	0	0	0	0	15	44	0	40	0
Fresh Strawberries		25	2	0	0	0	0	0	7	2	4	1
Country Peach n' Real Whipped Topping		280	80	9	3	0	15	65	53	1	43	0
Cinnamon Spiced Apple n' Real Whipped Topping		390	100	11	7	0	30	105	72	6	58	1
Chocolate Whipped Cream		50	30	3.5	2	0	20	0	7	0	4	0
<b>Sunrise Specials</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>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 Sampler (2 oz.)	90	30	3.5	1	0	30	940	2	0	less than 1	12
	Country Ham Sampler (2 oz.)	140	60	6	2.5	0	50	840	3	less than 1	0	16
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	230	100	12	4	0	15	460	23	less than 1	1	8
	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	American Cheese: two slices	140	100	12	7	0	40	590	1	0	1	7
plus choice of 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)
<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
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)
<b>Hashbrown Casserole</b>		190	70	8	3	0	10	350	24	2	0	5
<b>Fried Apples</b>		170	20	2	0.5	0	0	45	37	6	26	less than 1
<b>Tomato Slices</b>		5	0	0	0	0	0	0	1	less than 1	1	0
<b>Coarse Ground Grits</b>		150	50	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)
<b>Two Buttermilk Pancakes: with one scoop whipped butter</b>		530	210	23	10	0	45	1840	74	0	6	6
<b>Hashbrown Casserole Tots</b>		280	150	17	4.5	0	10	800	28	less than 1	1	5
<b>Loaded Hashbrown Casserole</b>		350	190	21	10	0	50	730	25	2	less than 1	15
<b>Fresh Seasonal Fruit</b>		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)
<b>Thick-Sliced Bacon: three slices</b>		210	150	17	6	0	40	460	0	0	0	14
<b>Smoked Sausage Patties: two patties</b>		240	180	19	8	0	60	390	2	0	0	13
<b>Spicy Chicken Sausage</b>		220	130	15	3.5	0	105	760	2	0	0	21
<b>Impossible™ Sausage Made From Plants</b>		210	130	14	5	0	0	630	9	1	1	12
<b>Sugar Cured Ham (4 oz.)</b>		220	130	15	3.5	0	55	960	1	0	1	18
<b>Country Ham (4 oz.)</b>		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)
<b>Egg Whites: 2 each</b>		60	0	0	0	0	0	230	2	0	2	11
<b>Colby Cheese Shreds (for eggs): 1 oz.</b>		110	80	9	6	0	25	170	1	0	0	7
<b>Sawmill Gravy: 6 oz.</b>		240	140	16	6	0	15	490	18	1	7	7
<b>Sawmill Gravy: 10 oz.</b>		400	230	26	10	0	30	810	30	1	11	12
<b>Biscuit: each</b>		160	50	6	2	0	0	310	23	less than 1	1	3
<b>Multigrain Toast: one slice</b>		100	15	2	0	0	0	180	19	1	2	3
<b>Real Butter: each</b>		35	35	4	3	0	10	30	0	0	0	0
<b>Best Preserves n' Jam: each</b>		40	0	0	0	0	0	0	12	0	11	0
<b>Country Apple Butter: 2 oz.</b>		100	0	0	0	0	0	10	24	1	20	0

LUNCH - DINNER												
Downhome Daily Dinners Under \$10												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Downhome Daily Dinners come with your choice of Biscuits or Cornbread and Real Butter (see page 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
	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>	Fish Fry											
	Cod Fillets: 4 pieces with tartar sauce	730	260	29	5	0	185	1990	70	3	0	45
<b>Saturday</b>	Southern Fried Pork Chops	1040	650	72	17	0	140	2400	43	3	2	53
<b>Sunday</b>	Pot Roast Supper	550	180	20	9	1	125	1440	40	6	3	52
Cracker Barrel Favorites												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Cracker Barrel Favorites come with your choice of two or three sides (see page 7 for nutritional information) and your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<b>Country Fried Steak:</b> with sawmill gravy		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:</b> Sunday Homestyle Chicken Breasts with sawmill gravy		1140	570	60	14	0.4	205	2910	70	5	4	74
<b>Chicken Tenders:</b> 6 tenders												
	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:</b> 2 fillets												
	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>												
	Sugar Cured Ham (8 oz.)	440	260	29	7	0	115	1910	2	0	2	36
	Country Ham (8 oz.)	540	230	26	10	0	190	3360	12	2	0	66
<b>Cracker Barrel Sampler:</b> Chicken n' Dumplins and	Meatloaf	860	370	41	16	0	205	2230	58	7	6	63
	Sugar Cured Ham (8 oz.)	440	260	29	7	0	115	1910	2	0	2	36
	Country Ham (8 oz.)	540	230	26	10	0	190	3360	12	2	0	66
	plus choice of three Country Sides											
See page 7 for nutritional information												
Add these items below with any Cracker Barrel Favorite or Sirloin Steak												
<b>Country Fried Shrimp:</b> half portion		320	130	14	3.5	0	75	1320	34	7	7	14
<b>Hand-breaded Chicken Tenders:</b> half portion		300	130	15	3	0	85	1070	13	2	0	29
<b>Grilled Chicken Tenders:</b> half portion		140	30	3.5	0.5	0	70	310	2	less than 1	2	24

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)												
<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>Sweet n' Smoky Glazed Tenders: 6 tenders tossed with Maple Bacon Glaze</b>		850	380	42	10	0	205	3230	56	4	26	67
	plus Buttermilk Ranch	190	180	20	3	0	15	420	2	less than 1	2	1
	plus choice of Two Country Sides	See page 7 for nutritional information										
Home Cooked Classics		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Home Cooked Classics come with your choice of Biscuits or Cornbread and Real Butter (see page 10 for nutritional information)												
<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	720	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	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										
<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



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>													
Breaded Fried Okra		250	80	9	2	0	10	520	38	2	2	3	
Coarse Ground Grits		150	50	6	1	0	0	370	22	less than 1	less than 1	less than 1	
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	
Dumplings		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	
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		620	220	25	12	0	50	260	96	7	56	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	
Fresh Seasonal Fruit		70	0	0	0	0	0	0	18	2	13	1	
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)												
<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	820	280	31	7	0	115	2260	90	9	41	45
<b>Monday-Friday: Pick 2 Combo</b>												
	choice 1: Country House Salad: with grilled chicken	350	160	17	7	0	80	810	20	4	7	28
	Salad Dressing 2 oz.	See page 9 for nutritional information										
	choice 2: Loaded Baked Potato	520	350	39	22	0	105	2470	28	2	2	15
	choice 3: Loaded Baked Sweet Potato	620	220	25	12	0	50	260	96	7	56	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 Crackers: (see page 10 for nutritional information)												
<b>Country Chef Salad</b>		480	240	26	0	0	270	1420	22	4	9	39
	plus choice of Salad Dressing: 2.5 oz.	See page 9 for nutritional information										
<b>Homestyle Chicken Salad</b>												
	your choice of Sunday Homestyle Chicken® Breast	850	430	47	14	0	320	1870	52	5	8	53
	Smoky Southern Grilled Chicken Breast	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
Clam Chowder	cup	440	290	32	19	0	120	900	27	2	5	14
	bowl	880	580	65	37	0	240	1800	54	3	10	27
Potato	cup	110	20	2	0.5	0	0	580	19	2	4	3
	bowl	210	35	4	1	0	less than 5	1120	36	4	7	7
Turkey Noodle	cup	120	10	1.5	0	0	55	640	12	1	4	16
	bowl	250	20	2.5	0.5	0	115	1290	24	3	8	32
Vegetable	cup	80	10	1	0	0	0	360	16	3	4	3
	bowl	170	20	2	0	0	0	720	33	5	7	6
Pot Roast Soup	cup	100	40	5	1	0	15	680	8	1	20	7
	bowl	200	80	10	2.5	0	35	1350	17	2	40	13
<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>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	0	29	0	27	0
	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
<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	0	29	0	27	0
	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
<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	0	6
	plus Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
<b>Biscuit Breakfast Sandwich</b>												
	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	190	70	8	3	0	10	350	24	2	0	5
<b>Cereal: Fruity Cereal</b>		170	10	10	0	0	0	270	38	0	18	1
	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		110	0	0	0	0	0	0	26	0	22	2
Apple		100	0	0	0	0	0	10	26	0	22	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	190	60	6	4	0	25	75	28	less than 1	25	5
	Hot	230	70	8	5	0	30	115	32	less than 1	29	7
Caramel Latte	Iced	210	60	6	4	0	25	80	31	less than 1	27	5
	Hot	250	70	8	5	0	30	120	35	less than 1	31	7
Mocha	Iced	260	60	7	4	0	25	100	43	less than 1	37	6
	Hot	310	80	9	5	0	30	150	47	less than 1	41	9
<b>Juices</b>												
Apple		210	0	0	0	0	0	20	51	less than 1	44	0
100% Premium Orange		220	0	0	0	0	0	0	52	0	44	4
<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		210	0	0	0	0	0	70	55	0	55	0
Hot Chocolate: with chocolate whipped cream		380	100	11	5	0	40	170	64	0	54	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	
Michelob Ultra	100	0	0	0	0	0	0	3	0	0	1	
Pabst Blue Ribbon	150	0	0	0	0	0	10	12	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	
Beso Del Sol Sangria: 5 fl. oz.	140	0	0	0	0	0	15	12	0	11	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	
Beso Del Sol Sangria: 5 fl. oz.	140	0	0	0	0	0	15	12	0	11	0	
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)	
<b>Double Fudge Coca-Cola® Cake:</b> with one scoop ice cream	790	300	33	14	0	65	310	115	3	96	9	
<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>Peach Cobbler:</b> with one scoop ice cream	490	180	20	9	0	35	260	72	2	49	5	