



NUTRITION GUIDE

This information is applicable as of 5/20/19

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“Sunrise Sampler,” “Grandpa’s Country Fried Breakfast,” “The Cracker Barrel’s Country Boy Breakfast,” “Smokehouse Breakfast,” “Wholesome Fixin’s,” “Uncle Herschel’s Favorite,” “Momma’s French Toast Breakfast,” “Sunday Homestyle Chicken”, “Momma’s Pancake Breakfast,” and “Cracker Barrel,” are service marks/trademarks of CBOCS Properties, Inc.
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BREAKFAST												
Traditional Favorites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Traditional Favorites (except Fresh Start Sampler) come with choice of All the Fixin's: See All the Fixin's section (page 2) for nutritional information												
Fresh Start Sampler: two eggs and fresh fruit n' yogurt parfait		490	160	18	5	0	390	230	62	6	40	22
	plus Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46	6
	plus choice of Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
Old Timer's Breakfast: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
	plus choice of Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
	plus choice of Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
Sunrise Sampler®: two eggs, grits, fried apples, hashbrown casserole, sampling of thick-sliced bacon, smoked sausage and country ham		930	400	44	16	0	485	1870	84	10	27	49
Grandpa's Country Fried Breakfast®: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
	plus choice of Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
	plus choice of Chicken Fried Chicken	590	350	39	6	0	65	1170	23	3	2	37
	Country Fried Steak	600	250	28	8	0	65	1410	50	1	2	37
The Cracker Barrel's Country Boy Breakfast®: three eggs, fried apples, hashbrown casserole and grits		670	240	26	9	0	590	740	80	10	27	27
	plus choice of Sirloin Steak	320	100	11	6	0	135	240	less than 1	less than 1	less than 1	54
	Pork Chops: two	490	230	25	10	0	185	700	0	2	less than 1	70
	Country Ham	540	230	26	10	0	190	3360	12	3	0	66
Smokehouse Breakfast®: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
	plus choice of Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
Country Morning Breakfast: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
Double Meat Breakfast: three eggs, grits, thick sliced bacon and smoked sausage patties		750	470	52	19	0	675	1200	21	2	1	49

Traditional Favorites (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Uncle Herschel's Favorite®: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
plus choice of	Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
plus choice of	Sugar Cured Ham	180	60	7	2.5	0	55	1180	4	less than 1	2	24
	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
	Grilled Pork Chop	250	110	13	5	0	90	350	0	1	0	35
	Hickory-Smoked Country Ham	270	120	13	5	0	95	1680	6	1	0	33
	Fried Chicken Tenderloins	420	210	23	6	0	50	1130	30	10	less than 1	23
	8 oz. Hamburger Steak	440	300	33	15	0	100	140	0	0	0	33
All The Fixin's		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
choice of	Biscuit: each	160	50	6	2	0	0	310	23	less than 1	1	3
	Sawmill Gravy: single serving	160	90	10	4	0	10	320	12	less than 1	4	5
	Sawmill Gravy: family portion	400	230	26	10	0	30	810	30	1	11	12
	Real Butter: each	35	35	4	3	0	10	30	0	0	0	0
	Best Preserves n' Jam: each	40	0	0	0	0	0	0	12	0	11	0
Pancakes n' Such		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Wild Maine Blueberry Pancakes: three pancakes with butter		760	260	29	11	0	50	2720	118	5	14	9
plus	Blueberry Syrup	200	0	0	0	0	0	0	50	0	39	0
Buttermilk Pancakes with Fruit Topping: three pancakes		630	150	17	3	0	20	2020	109	6	10	11
plus choice of	Country Peach n' Real Whipped Cream	320	50	6	1.5	0	less than 5	65	67	less than 1	68	less than 1
	Sweet Ripe Blackberry n' Real Whipped Cream	350	45	5	1	0	less than 5	60	75	4	66	1
	Cinnamon Spiced Apple n' Real Whipped Cream	390	120	14	6	0	20	130	67	6	50	1
French Toast: four slices with butter		860	400	44	16	0	365	780	88	4	12	26
plus choice of	Sweet Toppings	See Sweet Toppings section (page 3) for nutritional information										
Eggs-in-the-Basket: two slices of sourdough with two eggs		430	190	21	5	0	385	350	41	2	6	20
plus choice of	Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13

Pancakes n' Such		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All remaining Pancakes n' Such entrees come with 100% Pure Natural Syrup: See Sweet Toppings section below for nutritional information												
Momma's Pancake Breakfast: three pancakes with butter and and two eggs		890	340	38	14	0	440	2250	112	7	11	25
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
Momma's French Toast Breakfast: four slices with butter and two eggs		1010	480	54	19	0	750	930	92	5	12	40
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
Buttermilk Pancakes with 100% Pure Natural Syrup: three pancakes with butter		740	260	29	11	0	55	2110	109	6	10	11
Pecan Pancakes: three pancakes with butter		1130	620	70	14	0	50	2720	119	8	12	15
Grandma's Sampler: two eggs, two pancakes with butter, one slice of bacon and one smoked sausage patty		870	430	48	19	0	475	1930	77	5	7	32
with choice of	Sugar Cured Ham	90	30	3.5	1	0	30	940	2	0	less than 1	12
	Country Ham Sampler	140	60	6	2.5	0	50	840	3	less than 1	0	16
plus choice of	Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
Sweet Toppings		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
100% Pure Natural Syrup		150	0	0	0	0	0	0	39	0	37	0
Blueberry Syrup		200	0	0	0	0	0	0	50	0	39	0
Sugar Free Syrup		15	0	0	0	0	0	90	4	0	0	0
Country Peach n' Real Whipped Topping		370	100	11	8	0	5	70	65	less than 1	64	1
Sweet Ripe Blackberry n' Real Whipped Topping		390	100	11	8	0	5	65	71	3	61	1
Cinnamon Spiced Apple n' Real Whipped Topping		450	150	17	10	0	5	140	75	7	56	1
Wholesome Fixin's®		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Good Morning Breakfast: two Egg Whites, coarse ground grits, tomatoes and seasonal fruit		310	70	8	2	0	55	830	32	3	11	27
Fresh Fruit n' Yogurt Parfait Breakfast: fruit n' yogurt parfait, turkey sausage and two egg whites		510	130	14	3.5	0	65	770	65	6	41	33
Apple n' Cinnamon Oatmeal: with reduced fat milk		340	50	6	2	0	5	250	64	6	28	8
Available with	Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46	6

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 on sourdough with tomato and mayo		480	230	24	6	0	330	400	44	3	7	21
	plus choice of Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
Apple n' Cinnamon Oatmeal: oatmeal with reduced fat milk		340	50	6	2	0	5	250	64	6	28	8
One Egg n' Bacon or Sausage: one egg, two biscuits		390	180	20	6	0	160	700	47	1	2	13
	plus choice of Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9
Plus choice of real butter and preserves		See (page 10) for nutritional information										
Meat Biscuits n' Hashbrown Casserole or Fried Apples												
	your choice of two Country Ham Biscuit	240	90	10	3.5	0	30	810	25	less than 1	1	13
	Smoked Sausage Biscuit	280	140	16	6	0	30	510	24	less than 1	1	10
	Turkey Sausage Biscuit	210	80	9	3	0	30	540	23	less than 1	1	10
	Thick-sliced Bacon Biscuit	230	100	12	4	0	15	460	23	less than 1	1	8
plus choice of	Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
Biscuits n' Gravy with Bacon or Sausage: three biscuits and sawmill gravy		710	300	34	12	0	20	1420	86	2	10	17
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13
Breakfast Side Plates		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Country Ham		270	120	13	5	0	95	1680	6	1	0	33
Country Ham n' Biscuit		240	90	10	3.5	0	30	810	25	less than 1	1	13
Fried Apples		170	20	2	0.5	0	0	45	37	6	26	less than 1
Gravy n' Biscuits		710	300	34	12	0	20	1420	86	2	10	17
Hashbrown Casserole		190	70	8	3	0	10	350	24	2	0	5
Loaded Hashbrown Casserole		350	190	21	10	0	50	730	25	2	less than 1	15
Hashbrown Casserole, Fried Apples n' Biscuit		520	150	17	6	0	10	710	84	9	28	9
Pork Chop		250	110	13	5	0	90	350	0	1	0	35
Sausage n' Biscuit		280	140	16	6	0	30	510	24	less than 1	1	10
Sawmill Gravy		160	90	10	4	0	10	320	12	less than 1	4	5
Smoked Sausage Patties: two patties		240	180	19	8	0	60	390	2	0	0	13
Sugar Cured Ham		180	60	7	2.5	0	55	1180	4	less than 1	2	24
Thick-Sliced Bacon: three slices		210	150	17	6	0	40	460	0	0	0	14
Two Eggs n' Biscuits		460	190	22	7	0	385	770	47	2	3	20
Wild Maine Blueberry Muffin		360	150	16	4	0	90	550	46	4	46	6
Bacon or Sausage with Fried Apples or Hashbrown Casserole												
your choice of	Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
plus choice of	Turkey Sausage: two	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	210	150	17	6	0	40	460	0	0	0	14
	Smoked Sausage Patties: two patties	240	180	19	8	0	60	390	2	0	0	13

Breakfast Side Plates — Wholesome Fixin's®		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Coarse Ground Grits		90	20	2.5	0	0	0	135	15	0	0	2
Fresh Apple Slices		70	0	0	0	0	0	0	19	3	14	less than 1
Fresh Fruit n' Yogurt Parfait		340	70	8	2	0	5	85	60	5	41	9
Fresh Seasonal Fruit		50	0	0	0	0	0	0	12	2	9	less than 1
Two Eggs, any way you like 'em		150	90	10	3	0	385	150	2	0	less than 1	14
Two Scrambled Egg Whites		60	0	0	0	0	0	230	2	0	2	11
Turkey Sausage Patties: two patties		110	50	6	2	0	55	460	1	0	0	13
Yogurt n' Granola		190	30	3.5	1	0	5	70	35	less than 1	26	5
LUNCH - DINNER												
Daily Dinner 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)
All Daily Dinner Features come with your choice of two Sides (see page 8 for nutritional information) and choice of Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)												
Monday	Grilled Country Pork Chops: two chops	490	230	25	10	0	185	700	0	2	less than 1	70
Tuesday	Lemon Pepper Grilled Rainbow Trout: two fillets	330	130	14	3.5	0	140	610	6	less than 1	0	43
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing: with turkey gravy and cranberry sauce	630	250	27	6	0	115	2180	54	7	13	43
Friday	Fish Fry											
	Cod Fillets: four pieces with tartar sauce	730	340	38	7	0	155	1710	60	3	3	37
Saturday	Southern Fried Chicken: 4 pieces	1640	900	100	23	0	475	4730	78	9	0	108
Sunday	Homestyle Chicken: two breasts	1350	820	92	19	0	180	3200	65	6	2	66
Weekday Lunch 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)
Our Monday through Thursday specials come with your choice of Biscuits or Corn Muffins and Real Butter (see page 10 for specific nutritional)												
Monday	Baked Chicken n' Dressing	570	230	26	6	0	140	1480	40	7	5	43
	plus choice of One Country Vegetable n' Side	See (page 8) for nutritional information										
Tuesday	Meatloaf and Mashed Potatoes	460	240	27	9	0	75	640	33	4	3	21
	plus choice of One Country Vegetable n' Side	See (page 8) for nutritional information										
Wednesday	Chicken Pot Pie	590	180	20	8	0	65	1190	69	7	0	32
Thursday	Turkey n' Dressing: with cranberry sauce	630	250	27	6	0	115	2180	54	7	13	43
	plus choice of One Country Vegetable n' Side	See (page 8) for nutritional information										
Monday-Friday: Pick 2 Combo												
	choice 1: Three Cheese Grilled Cheese	560	320	36	16	0	65	910	40	3	4	22
	choice 2: Country House Salad: with grilled chicken	340	150	17	6	0	65	890	21	4	8	25
	Salad Dressing 2 oz.	See (page 9) for nutritional information										
	choice 3: Baked Potato: with butter and sour cream	470	160	18	11	0	50	150	69	7	4	9
	choice 4: Baked Sweet Potato: with butter and brown sugar	350	110	13	8	0	30	170	58	8	23	5
	choice 5: Cup of Soup	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 Sandwich n' Burger Platters come with your choice of one Side (see page 8 for nutritional information) or a Cup of Soup (see page 9 for nutritional information) and a sampling of Cole Slaw (see below)												
	plus Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
French Dip with Au Jus		790	390	44	15	0	245	2260	60	2	6	41
Open-Faced Roast Beef		700	300	33	13	1	135	950	52	2	6	51
Chicken BLT												
	your choice of Grilled Chicken Tenderloins	790	400	45	16	0	140	1390	48	4	12	51
	Fried Chicken Tenderloins	950	520	58	20	0	115	1670	66	10	7	44
Maple Jam n' Bacon Double Cheeseburger		950	460	51	23	1.5	220	1300	52	2	21	67
Signature Double Cheeseburger		910	510	56	22	1.5	205	850	40	2	11	58
Fancy Fixin's		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Fancy Fixin's Entrees come with your choice of three Sides (see page 8 for nutritional information) and Biscuits or Corn Muffins and Real Butter(see page 10 for nutritional information)												
Chicken n' Dumplins		450	80	9	2.5	0	90	1740	55	7	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
Country Fried Steak		600	250	28	8	0	65	1410	50	1	2	37
Chicken Fried Chicken		590	350	39	6	0	65	1170	23	3	2	37
10 oz. Rib Eye Steak		650	430	47	22	0	145	520	1	1	0	52
	plus choice of three Sides or Baked Potato: with butter and sour cream	470	160	18	11	0	50	150	69	7	4	9
	House Salad:and choice of salad dressing	260	140	15	6	0	35	600	19	3	5	12
	Salad Dressing: 2 oz.	See (page 9) for nutritional information										
Grilled Sirloin Steak		320	100	11	6	0	135	240	less than 1	less than 1	less than 1	54
	plus choice of three Sides or Baked Potato: with butter and sour cream	470	160	18	11	0	50	150	69	7	4	9
	House Salad:and choice of salad dressing	260	130	15	6	0	35	600	21	3	5	12
	Salad Dressing: 2 oz.	See (page 9) for nutritional information										
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
Country Fried Shrimp: with hushpuppies and cocktail sauce		710	300	33	8	0	145	2570	76	15	9	27
Chicken Tenderloins: six tenders												
	your choice of Grilled Chicken Tenderloins	230	60	6	1	0	95	860	7	2	7	37
	Fried Chicken Tenderloins: plus choice of dipping sauce	630	310	34	9	0	75	1690	44	16	less than 1	35
	plus choice of Apple Cider BBQ Sauce	80	10	1	0	0	0	350	18	0	16	0
	Honey Mustard Sauce	220	190	21	3	0	15	400	8	0	7	less than 1
Haddock		380	130	15	3	0	130	660	14	1	1	49
Lemon Pepper Grilled Rainbow Trout: two fillets		330	130	14	3.5	0	140	610	6	less than 1	0	43

Country Dinner Plates		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
All Country Dinner Plate Entrees come with your choice of two Sides (see page 8 for nutritional information) and Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)													
Fried Chicken Livers		470	230	26	6	0	465	640	30	4	less than 1	16	
Grilled Chicken Tenderloins: four tenders		150	40	4	1	0	65	570	5	1	5	24	
Fried Chicken Tenderloins: four tenders		420	210	23	6	0	50	1130	30	10	less than 1	23	
	plus choice of	Apple Cider BBQ Sauce	80	10	1	0	0	350	18	0	16	0	
		Honey Mustard Sauce	220	190	21	3	0	15	400	8	0	7	less than 1
Grilled Pork Chop		250	110	13	5	0	90	350	0	1	0	35	
Half-Pound Hamburger Steak		440	300	33	15	0	100	140	0	0	0	33	
Sugar Cured Ham		180	0	7	2.5	0	55	1180	4	less than 1	2	24	
Hickory-Smoked Country Ham		270	120	13	5	0	95	1680	6	1	0	33	
Lemon Pepper Grilled Rainbow Trout: 1 fillet		160	60	7	2	0	70	300	3	0	0	22	
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
Homemade Chicken n' Dumplins		340	60	7	2	0	70	1300	41	5	1	28	
Country Vegetable Plate	choice of four vegetables n' sides	See (page 8) for nutritional information											
Signature Fried Chicken		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Comes with your choice of two Sides (see page 9 for nutritional information) and Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)													
Southern Fried Chicken		1640	900	100	23	0	475	4730	78	9	0	108	
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 (except Southern Grilled Chicken Caesar) come with Westminster Crackers®: see (page 10) for nutritional information													
Southern Grilled Chicken Caesar Salad: includes Caesar Dressing		630	340	38	9	0.5	300	1480	26	6	8	47	
Country Chef Salad		610	340	38	14	0	280	1650	24	5	8	45	
	plus choice of	Salad Dressing: 2.5 oz.	See (page 9) for nutritional information										
Grilled Chicken Salad		610	310	34	14	0	295	1300	28	6	12	48	
	plus choice of	Salad Dressing: 2.5 oz.	See (page 9) for nutritional information										
Fried Chicken Salad		870	480	53	20	0	280	1860	53	15	8	47	
	plus choice of	Salad Dressing: 2.5 oz.	See (page 9) for nutritional information										
House Salad		260	140	15	6	0	35	600	19	3	5	12	
	plus choice of	Salad Dressing: 2 oz.	See (page 9) for nutritional information										
Cracker Barrel Specialties		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
All Cracker Barrel Specialties (except Hot Soups) come with Corn Muffins and Real Butter (page 10 for nutritional information)													
Bowl of Pinto Beans		470	60	6	2	0	40	850	73	21	7	32	
Bowl of Turnip Greens		250	90	10	4	0	125	780	16	8	2	24	
Beans n' Greens		410	80	9	3	0	90	990	51	16	7	32	
Hot Soups		See (page 9) for nutritional information											

Wholesome Fixin's®		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Wholesome Fixin's® (except Southern Grilled Chicken Caesar) come with choice of two Country Vegetables n' Sides: see (page 9) for nutritional information												
Apple Cider BBQ Chicken Breast		290	35	4	1	0	150	610	21	8	12	42
Grilled Chicken Tenderloins: four tenders		150	40	4	1	0	65	570	5	1	5	24
Lemon Pepper Grilled Rainbow Trout: one fillet		160	60	7	2	0	70	300	3	0	0	22
Wholesome Fixin's Vegetable Platter		choice of three sides See (page 9) for nutritional information										
Country Vegetables n' Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Sauce		50	0	0	0	0	0	0	13	1	7	0
Baked Potato: with butter and sour cream		470	160	18	11	0	50	150	69	7	4	9
Baked Sweet Potato: with butter and cinnamon sugar		350	110	13	8	0	30	170	58	8	23	5
Boiled Cabbage (Sun, Wed)		90	45	5	2	0	5	460	8	4	2	2
Breaded Fried Okra		250	80	9	2	0	10	520	38	2	2	3
Brussels Sprouts n' Kale Salad		280	180	20	2	0	0	180	33	4	25	3
Cole Slaw		250	190	21	3	0	20	170	14	0	13	0
Corn Bread Dressing (Mon, Thurs)		310	160	18	3.5	0	25	960	33	5	4	5
Country Green Beans		60	25	3	1	0	10	310	7	3	1	1
Dumplings		210	50	6	2	0	0	940	36	3	less than 1	5
Fresh Apple Slices		70	0	0	0	0	0	0	19	3	14	less than 1
Fresh Seasonal Fruit		50	0	0	0	0	0	0	12	2	9	less than 1
Fresh Steamed Broccoli		40	0	0	0	0	0	10	6	4	less than 1	4
Fried Apples		170	20	2	0.5	0	0	45	37	6	26	less than 1
Hashbrown Casserole		190	70	8	3	0	10	350	24	2	0	5
Loaded Hashbrown Casserole		350	190	21	10	0	50	730	25	2	less than 1	15
Homestyle Fries		310	90	10	2	0	0	720	50	3	0	5
Lima Beans (Tues, Fri, Sat)		290	140	15	3	0	30	320	29	7	0	10
Macaroni n' Cheese		270	140	16	6	0	25	700	23	2	3	10
Mashed Potatoes		200	80	9	2	0	5	170	25	3	less than 1	3
plus choice of		Turkey Gravy	10	0	0.5	0	0	less than 5	170	2	0	less than 1
		Brown Gravy	20	10	1	0	0	0	140	2	0	less than 1
		Sawmill Gravy	40	25	2.5	1	0	less than 5	80	3	0	1
Mixed Green Side Salad		15	0	0	0	0	0	5	3	2	2	1
plus choice of		Salad Dressing See (page 9) for nutritional information										
Pinto Beans		140	20	2	1	0	15	260	21	7	0	10
Sweet Potato Casserole (Thurs)		190	35	4	1	0	0	85	36	2	28	2
Sweet Whole Baby Carrots		90	10	1	0	0	15	140	18	3	10	1
Turnip Greens		100	30	4	1	0	15	380	6	4	0	10
Whole Kernel Corn		180	70	8	1	0	15	85	26	3	less than 1	3

Hot Soups		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All soups come with two complimentary packs of Westminster Crackers®: (see 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 n' Rice	cup	160	20	2.5	0.5	0	60	680	15	1	3	21
	bowl	330	40	4.5	1	0	120	1350	30	2	6	42
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
Chicken Pot Pie	cup	210	70	8	2.5	0	20	710	26	2	9	4
	bowl	420	140	16	5	0	40	1430	52	4	19	8
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
Country Potato	cup	120	25	3	1	0	less than 5	620	20	2	2	4
	bowl	240	50	6	1.5	0	less than 5	1240	40	5	4	8
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
Hearty Beef n' Vegetable	cup	120	20	2	1	0	25	380	19	3	7	8
	bowl	250	40	4	2	0	50	760	37	6	14	16
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 Caesar		280	260	29	5	0	30	770	3	less than 1	1	3
Buttermilk Ranch		240	220	25	4	0	20	530	3	0	2	1
Dijon Honey Mustard		280	240	26	4	0	20	500	10	0	9	less than 1
Honey French		350	250	27	4	0	0	580	26	less than 1	25	0
Thousand Island Dressing		300	250	28	4.5	0	30	450	12	0	11	less than 1
Fat-Free Italian		15	0	0	0	0	0	350	4	0	3	0
Salad Dressing: 2 oz. (served with House or Side Salad)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		140	100	11	1.5	0	0	380	11	0	10	0
Blue Cheese Dressing		250	230	26	5	0	35	620	2	0	2	2
Buttermilk Caesar		230	210	23	4	0	25	620	2	0	less than 1	2
Buttermilk Ranch		190	180	20	3	0	15	420	2	0	2	less than 1
Dijon Honey Mustard		220	190	21	3	0	15	400	8	0	7	less than 1
Honey French		280	200	22	3	0	0	470	21	0	20	0
Thousand Island Dressing		240	200	22	3.5	0	20	360	10	0	9	less than 1
Fat-Free Italian		15	0	0	0	0	0	350	4	0	3	0

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
	Corn Muffin: each	210	100	11	3	0	30	510	24	4	2	5
	Multigrain: one slice	100	15	2	0	0	0	180	19	1	2	3
	Sourdough: one slice	110	20	2	0	0	0	85	21	1	3	3
	White: one slice	70	10	1	0	0	0	140	14	0	1	2
	Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
Toppings												
	Real Butter: each	35	35	4	3	0	10	30	0	0	0	0
	Best Preserves n' Jam: each	40	0	0	0	0	0	0	12	0	11	0
	Bacon Pieces: 0.5 oz	70	50	6	2	0	15	250	0	0	0	5
	Colby Cheese Shreds: 1 oz.	110	80	9	6	0	25	170	less than 1	0	0	7
	Sour Cream: 1 packet	60	45	5	3	0	20	15	less than 1	0	less than 1	less than 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
	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												
	Two Buttermilk Pancakes with butter	530	210	23	10	0	45	1430	73	4	7	7
	plus choice of Sweet Toppings	See (page 3) for nutritional information										
	One Buttermilk Pancake with butter	320	160	18	9	0	40	760	36	2	3	4
	plus choice of Sweet Toppings	See (page 3) for nutritional information										
Cereal and Milk												
	Cheerios®	120	20	2	0	0	0	190	24	4	1	4
	plus choice of Skim Milk	90	0	0	0	0	less than 5	130	13	0	12	8
	plus choice of Reduced Fat Milk	130	45	5	3	0	20	130	12	0	12	8
	plus choice of Whole Milk	150	70	8	5	0	35	120	12	0	11	8
	One Egg n' Biscuit	230	120	13	3.5	0	160	380	24	less than 1	1	10
	Fresh Fruit n' Vanilla Yogurt Parfait	340	70	8	2	0	5	85	60	5	41	9
	Half Order of Bacon or Sausage											
	your choice of Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	0	7
	your choice of Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	your choice of Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9

Kid's Homestyle Meals		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 Homestyle Meals come with a beverage (page 11 for nutrition information), one Side (page 8 for nutrition information), and Biscuits or Corn Muffins and Real Butter (page 10 for nutrition information)												
Grilled Chicken Tenderloins: three tenders		120	30	3	1	0	50	430	3	less than 1	3	18
Fried Chicken Tenderloins: three tenders		310	150	17	4.5	0	40	850	22	8	0	18
	plus choice of	80	10	1	0	0	0	350	18	0	16	0
	Cider BBQ Sauce											
	Honey Mustard Sauce	220	190	21	3	0	15	400	8	0	7	less than 1
Country Fried Shrimp: with a hushpuppy and cocktail sauce		370	150	16	4	0	80	1470	41	8	8	15
Kid's Sandwiches Entrees		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 Kid's Sandwiches come with your choice of a select beverage (see page 11 for nutritional information) and one Side (see page 8 for nutritional information)												
Kid's Hamburger		400	150	17	6	0.5	85	380	34	less than 1	7	27
Grilled American Cheese Sandwich		430	80	9	7	0	45	1060	53	2	9	8
Kid's Country Plates		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Kid's Country Plates come with your choice of a select beverage (see page 11 for nutritional information) and Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)												
Chicken n' Dumplins		340	60	7	2	0	70	1300	41	5	1	28
Macaroni n' Cheese		540	280	32	12	0	50	1410	45	3	6	19
Country Vegetable Plate	choice of two Sides	See (page 8) for nutritional information										
Kid's Beverages		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Juices												
100% Florida Valencia Orange		100	0	0	0	0	0	0	21	0	19	2
Apple		100	0	0	0	0	0	10	26	0	22	0
Juices (continued)												
Grapefruit		90	0	0	0	0	0	0	20	0	18	0
Tomato		50	0	0	0	0	0	680	10	2	7	2
Milks												
Skim		90	0	0	0	0	less than 5	130	13	0	12	8
Reduced Fat		130	45	5	3	0	20	130	12	0	12	8
Whole		150	70	8	5	0	35	120	12	0	11	8
Chocolate		230	80	9	5	0	35	190	30	0	28	9
Iced Tea												
Unsweet		0	0	0	0	0	0	0	1	0	0	0
Sweet		100	0	0	0	0	0	0	26	0	25	0
Soft Drinks												
Diet Coke		0	0	0	0	0	0	50	0	0	0	0
Coca-Cola Classic		150	0	0	0	0	0	50	42	0	42	0
Diet Dr Pepper		0	0	0	0	0	0	65	0	0	0	0
Dr Pepper		160	0	0	0	0	0	65	42	0	41	0
Mello Yello		170	0	0	0	0	0	45	47	0	47	0
Sprite		170	0	0	0	0	0	40	43	0	43	0
Hot Chocolate		210	60	7	4	0	25	90	30	0	24	6

Kid's Desserts		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Ice Cream: two scoops		230	120	13	9	0	50	75	25	0	23	4
Nut Sundaes												
with hot fudge sauce		280	150	16	9	0	30	90	30	1	24	4
with caramel Sauce		200	110	12	6	0	30	45	20	less than 1	15	4
with chocolate sauce		200	110	12	6	0	30	40	20	less than 1	16	4
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	210	70	8	7	0	15	80	29	0	26	5
	Hot	250	90	10	8	0	20	120	32	0	30	7
Caramel Latte	Iced	230	70	8	7	0	15	85	32	0	28	5
	Hot	270	90	10	8	0	20	125	36	0	32	7
Mocha	Iced	280	80	9	7	0	15	105	44	0	38	6
	Hot	330	100	11	8	0	20	150	48	0	42	9
Goo Goo Cluster Latte	Iced	280	90	10	7	0	15	200	41	0	36	5
	Hot	300	100	11	8	0	20	210	40	0	34	8
Juices												
Apple	regular	100	0	0	0	0	0	10	26	0	22	0
	large	210	0	0	0	0	0	20	51	less than 1	44	0
100% Florida Valencia Orange	regular	100	0	0	0	0	0	0	21	0	19	2
	large	200	0	0	0	0	0	0	45	0	41	3
Grapefruit	regular	90	0	0	0	0	0	0	20	0	18	0
	large	180	0	0	0	0	0	0	41	0	36	0
Tomato	regular	50	0	0	0	0	0	680	10	2	7	2
	large	100	0	0	0	0	0	1360	20	4	14	4
Milks												
Skim	regular	90	0	0	0	0	less than 5	130	13	0	12	8
	large	180	0	0	0	0	10	260	26	0	24	16
Reduced Fat	regular	130	45	5	3	0	20	130	12	0	12	8
	large	260	90	10	6	0	40	260	24	0	24	16
Whole	regular	150	70	8	5	0	35	120	12	0	11	8
	large	300	140	16	10	0	70	240	24	0	22	16
Chocolate	regular	230	80	9	5	0	35	190	30	0	28	9
	large	460	150	17	11	1	70	370	61	0	57	17
Hot Tea		0	0	0	0	0	0	0	0	0	0	0
Ice Tea												
Unsweet		0	0	0	0	0	0	0	less than 1	0	0	0
Sweet		130	0	0	0	0	0	0	34	0	34	0
Raspberry		70	0	0	0	0	0	5	17	0	16	0
Lemonade												
Regular		230	0	0	0	0	0	20	55	0	25	2
Raspberry		230	0	0	0	0	0	20	55	0	29	2
Stewart's Sodas												
Stewart's Diet Root Beer		0	0	0	0	0	0	35	0	0	0	0
Stewart's Root Beer		210	0	0	0	0	0	70	55	0	55	0
Stewart's Orange n' Cream		250	0	0	0	0	0	85	64	0	64	0

Beverages (continued)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Soft Drinks												
Diet Coke		0	0	0	0	0	0	65	0	0	0	0
Coca-Cola Classic		200	0	0	0	0	0	70	56	0	56	0
Diet Dr Pepper		0	0	0	0	0	0	85	0	0	0	0
Dr Pepper		210	0	0	0	0	0	85	56	0	54	0
Mello Yello		230	0	0	0	0	0	60	63	0	63	0
Sprite		220	0	0	0	0	0	55	58	0	58	0
Crafted Sodas by Blue Sky												
Blood Orange		190	0	0	0	0	0	15	49	0	48	0
Black Cherry		190	0	0	0	0	0	15	44	0	43	0
Other Beverages												
Chilled Apple Cider		210	0	0	0	0	0	45	54	0	46	0
Hot Chocolate	Kid's	230	80	9	7	0	15	95	31	0	26	5
	Regular	400	110	13	8	0	25	180	62	0	54	9
Desserts												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Favorites												
Blackberry Cobbler: with one scoop ice cream		460	100	11	6	0	35	240	82	4	53	8
Peach Cobbler: with one scoop ice cream		490	180	20	9	0	35	260	72	2	49	5
Double Fudge Coca-Cola® Cake: with one scoop ice cream		790	300	33	14	0	65	310	115	3	96	9
Apple Dumplin: with two scoops ice cream		1710	660	73	30	0	95	1600	246	8	118	18
Pies												
All American Apple Pie: with one scoop ice cream		460	200	23	10	0	25	310	60	3	17	6

Regional Offerings

BREAKFAST												
Southwestern Specialties		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Southwestern Sausage Hash n' Eggs: with two eggs, southwestern sausage, sweet pepper n' red skin hash		550	330	37	12	0	420	1130	30	5	4	27
Southwestern Scramble: with two eggs, chiles, sweet pepper n' red skin hash, onions, green peppers, tomatoes, salsa		670	350	39	17	0.5	685	1460	37	6	11	40
	plus choice of Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
Breakfast Side Plates		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Link Sausage: two links		140	100	11	3.5	0	35	310	less than 1	0	1	9
Link Sausage: three links		210	150	17	5	0	50	460	1	less than 1	2	13
Grilled Southwest Sausage: one link		250	200	22	8	0	35	900	4	1	0	10
Grilled Southwest Sausage: two links		510	390	43	16	0	75	1790	8	2	less than 1	20
Sweet Pepper n' Red Skin Hash		150	50	5	1	0	0	85	24	3	3	3
LUNCH - DINNER												
Daily 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)
All Daily Dinner Features come with your choice of two Sides (see page 8 for nutritional information) and choice of Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)												
Friday: Fish Fry	Haddock: one fillet with tartar sauce (regional)	760	410	46	8	0	120	1820	42	3	4	44
Sandwich n' Burger Platters		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Sandwiches and Burger Platters come with your choice of one Side (see page 8 for nutritional information) or a Cup of Soup (see page 10 for nutritional information) and a sampling of Cole Slaw (see below)												
	Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
Grilled Reuben		900	600	67	32	0	150	1420	28	7	less than 1	48
Chile Jack Chicken		660	280	31	12	0.5	150	1230	51	5	11	47
	plus Homestyle Fries	310	90	10	2	0	0	720	50	3	0	5
	Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
Fancy Fixin's		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Cracker Barrel Sampler		400	180	20	8	0	100	1020	26	3	3	29
	plus choice of Sugar Cured Ham	90	30	3.5	1	0	30	940	2	0	less than 1	12
	Country Ham	140	60	6	2.5	0	50	840	3	less than 1	0	16
Chile Jack Grilled Chicken		440	160	18	10	0	190	1230	14	2	3	56
Grilled Southwest Sausage		510	390	43	16	0	75	1790	8	2	less than 1	20
Country Vegetables n' Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Cottage Cheese		150	60	6	4	0	25	540	7	0	6	17
Hot Soups		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Tortilla Soup	cup	300	150	17	8	0	55	1020	21	2	2	18
	bowl	600	300	33	15	0	115	2050	42	4	4	36
Miscellaneous		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
English Muffin: each		130	10	1	0	0	0	260	26	less than 1	less than 1	5

Seasonal Offerings

Seasonal Offerings: Available at Participating Stores Only 5/20/19 - 8/4/19

Seasonal Offerings: Available at Participating Stores Only 5/20/19 - 8/4/19												
BREAKFAST												
Traditional Favorites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Traditional Favorites (except Fresh Start Sampler) come with choice of All the Fixin's: See All the Fixin's section (page 2) for nutritional information												
Grandpa's Country Fried Breakfast®: two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
plus choice of	Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
plus choice of	Fried Chicken Tenderloins: with sawmill gravy	710	360	40	11	0	80	1860	50	16	3	37
	Country Fried Steak	600	250	28	8	0	65	1410	50	1	2	37
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, cheese, and Alabama White Sauce on Farmhouse Roll		510	290	32	9	0	195	780	43	3	3	19
Available with	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	180	60	7	2.5	0	55	1180	4	less than 1	2	24
	Country Ham	270	120	13	5	0	95	1680	6	1	0	33
plus choice of	Fried Apples	170	20	2	0.5	0	0	45	37	6	26	less than 1
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
Lunch Dinner												
Sandwich n' Burger Platters		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Sandwiches and Burger Platters come with your choice of one Side (see page 9 for nutritional information) or a Cup of Soup (see page 10 for nutritional information) and a sampling of Cole Slaw (see below)												
	Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
Homestyle Chicken Sandwich												
your choice of	Fried Sunday Homestyle Chicken Breast	1300	750	83	15	0.5	120	2640	95	5	18	43
	Grilled Smoky Southern Chicken Breast	780	360	40	7	0.5	115	1460	65	3	18	39
Sweet n' Smoky Chicken BLT												
your choice of	Fried Sunday Homestyle Chicken Breast	1520	850	94	20	0.5	145	2910	116	5	36	53
	Grilled Smoky Southern Chicken Breast	990	460	51	11	0.5	145	1720	86	3	36	49
The Barrel Cheeseburger												
available with	Thick-Sliced Bacon: two slices	140	100	11	4	0	30	310	0	0	0	9

Seasonal Offerings

Seasonal Offerings: Available at Participating Stores Only 5/20/19 - 8/4/19													
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)	
Homestyle Chicken Salad													
	your choice of	Fried Sunday Homestyle Chicken Breast	1000	590	66	20	0	140	2170	52	6	7	49
		Grilled Smoky Southern Chicken Breast	480	210	23	12	0	135	990	22	4	7	46
	plus choice of	Salad Dressing: 2.5 oz.	See (page 10) for nutritional information										
Southern Grilled Chicken Caesar Salad: includes Caesar Dressing													
	your choice of	Grilled Smoky Southern Chicken Breast	510	250	28	7	0.5	120	1320	25	6	8	41
		Fried Sunday Homestyle Chicken Breast	1040	640	71	15	0	120	2500	55	8	8	44
Vegetables n' Sides													
		Bacon Baked Beans: white, pinto, and black beans with tomato, mustard, spices and bacon crumbles	250	90	10	3	0	25	960	29	4	16	12
		Seasoned Corn on the Cob: topped with BBQ Spice, parmesan cheese, parsley	100	30	3.5	1.5	0	5	700	15	2	2	5
Beverages													
		Strawberry Lemonade											
		Kid's	250	0	0	0	0	0	15	59	0	36	1
		Regular	290	0	0	0	0	0	15	69	0	42	2
		Iced	240	60	7	4.5	0	25	100	37	less than 1	27	5
		Hot	270	80	8	5	0	30	135	40	less than 1	30	7
	Plus	Butterscotch Thin Stick	60	0	0	0	0	0	0	14	0	14	0
Dessert													
		Banana Pudding: with whipped topping and Nilla Wafers	350	140	16	9	0	40	250	50	2	28	4