



# NUTRITION GUIDE

This information is applicable as of 7/16/18

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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," "Momma's Pancake Breakfast," "Sunday Homestyle Chicken," and "Cracker Barrel," are service marks/trademarks of CBOCS Properties, Inc. ©2018 CBOCS Properties, Inc.

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)
<b>All Traditional Favorites (except Fresh Start Sampler) come with choice of All the Fixin's:</b> See All the Fixin's section (page 2) for nutritional information												
<b>Fresh Start Sampler:</b> 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	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
<b>Old Timer's Breakfast:</b> 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	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
<b>Sunrise Sampler®:</b> two eggs, grits, fried apples, hashbrown casserole, sampling of thick-sliced bacon, smoked sausage and country ham		910	380	43	15	0	475	1930	83	10	27	50
<b>Grandpa's Country Fried Breakfast®:</b> 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
<b>The Cracker Barrel's Country Boy Breakfast®:</b> three eggs, fried apples, hashbrown casserole and grits		670	240	26	9	0	590	740	80	10	27	27
	plus choice of Sirloin Steak	400	180	20	9	0	115	480	1	5	0	53
	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
<b>Smokehouse Breakfast®:</b> 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	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
<b>Country Morning Breakfast:</b> two eggs and grits		240	110	12	3.5	0	385	280	18	1	less than 1	15
<b>Double Meat Breakfast:</b> three eggs, grits, thick sliced bacon and smoked sausage patties		720	440	49	16	0	655	1340	20	2	1	50

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)
<b>Uncle Herschel's Favorite®: two eggs and grits</b>		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
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	0	50	330	less than 1	less than 1	0	9
U.S. Farm-Raised Catfish Fillet: fried		370	190	21	4	0	55	610	17	less than 1	3	10
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		360	110	12	2	0	110	1380	38	1	0	24
8 oz. Hamburger Steak		440	300	33	15	0	100	140	0	0	0	33
Grilled Southwest Sausage: two links (regional)		510	390	43	16	0	75	1790	8	2	less than 1	20
<b>All The Fixin's</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>
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
<b>Pancakes n' Such</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>Wild Maine Blueberry Pancakes: three pancakes</b>		650	150	16	3	0	20	2640	118	5	14	9
plus												
Wild Maine Blueberry Syrup		200	0	0	0	0	0	0	50	0	39	0
Real Butter Scoop		110	110	12	8	0	30	90	0	0	0	0
<b>Buttermilk Pancakes with Fruit Topping: three pancakes</b>		630	150	16	3	0	20	2640	111	2	9	9
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
<b>French Toast: four slices</b>		750	290	32	8	0	335	690	88	4	12	26
plus choice of												
Sweet Toppings n' Butter		See Sweet Toppings n' Butter section (page 3) for nutritional information										

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>All remaining Pancakes n' Such entrees come with 100% Pure Natural Syrup and Butter:</b> See Sweet Toppings n' Butter section below for nutritional information												
<b>Momma's Pancake Breakfast:</b> three pancakes and two eggs		780	230	26	6	0	405	2790	114	3	10	24
plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	0	13
	Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
<b>Momma's French Toast Breakfast:</b> four slices and two eggs		900	380	42	11	0	720	840	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	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
	Grilled Southwest Sausage: one link (regional)	250	200	22	8	0	35	900	4	1	0	10
<b>Buttermilk Pancakes with 100% Pure Natural Syrup:</b> three pancakes		630	150	16	3	0	20	2640	111	2	9	9
<b>Pecan Pancakes:</b> three pancakes		1020	520	57	7	0	20	2640	119	8	12	15
<b>Sweet Toppings n' Butter</b>		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
100% Pure Natural Syrup		150	0	0	0	0	0	0	39	0	37	0
Dickinson's® Wild Maine 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
Real Butter Scoop		110	110	12	8	0	30	90	0	0	0	0
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
<b>Wholesome Fixin's®</b>		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Good Morning Breakfast:</b> two egg whites, turkey sausage, grits, tomatoes and seasonal fruit		310	70	8	2	0	55	830	32	3	11	27
<b>Fresh Fruit n' Yogurt Parfait Breakfast:</b> fruit n' yogurt parfait and two egg whites		510	130	14	3.5	0	65	770	65	6	41	33
<b>Apple n' Cinnamon Oatmeal:</b> with reduced fat milk		340	50	6	2	0	5	250	64	6	28	8

Everyday 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)
<b>Bacon or Sausage with Fried Apples or Hashbrown Casserole</b>												
	your choice of	Fried Apples	170	20	2	0.5	0	45	37	6	26	less than 1
		Hashbrown Casserole	190	70	8	3	0	350	24	2	0	5
	plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	13
		Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	15
		Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1
		Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2
			210	150	17	5	0	50	460	1	less than 1	2
<b>Egg Sandwich: two eggs on sourdough with tomato and mayo</b>												
	plus choice of	Fried Apples	170	20	2	0.5	0	45	37	6	26	less than 1
		Hashbrown Casserole	190	70	8	3	0	350	24	2	0	5
<b>Eggs-in-the-Basket: two slices of sourdough with two eggs</b>												
	plus choice of	Fried Apples	170	20	2	0.5	0	45	37	6	26	less than 1
		Hashbrown Casserole	190	70	8	3	0	350	24	2	0	5
	plus choice of	Turkey Sausage: two patties	110	50	6	2	0	55	460	1	0	13
		Thick-Sliced Bacon: three slices	200	140	16	6	0	45	510	0	0	15
		Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1
		Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2
<b>Cereal Breakfast</b>												
	plus choice of	Cheerios®	120	20	2	0	0	190	24	4	1	4
		Skim Milk	90	0	0	0	less than 5	130	13	0	12	8
		Reduced Fat Milk	130	45	5	3	0	20	130	12	0	8
		Whole Milk	150	70	8	5	0	35	120	12	0	8
	plus	Fried Apples	170	20	2	0.5	0	45	37	6	26	less than 1
	plus	Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46
<b>Apple n' Cinnamon Oatmeal Breakfast: oatmeal with reduced fat milk</b>												
	plus	Wild Maine Blueberry Muffin	360	150	16	4	0	90	550	46	4	46
<b>Gravy n' Biscuits: three biscuits and sawmill gravy</b>												
			710	300	34	12	0	20	1420	86	2	10
<b>Two Eggs n' Biscuits: two eggs, two biscuits, one butter and preserves</b>												
			570	270	30	12	0	405	830	59	2	14
<b>One Egg n' Bacon or Sausage: one egg, two biscuits, one butter and preserves</b>												
			500	250	28	11	0	180	760	59	1	13
	plus choice of	Turkey Sausage Patty: one patty	50	25	3	1	0	30	230	less than 1	0	7
		Smoked Sausage Patty: one patty	110	80	8	3	0	20	240	0	0	7
		Thick-Sliced Bacon: two slices	130	90	10	3.5	0	30	340	0	0	10
		Link Sausage: two links (regional)	140	100	11	3.5	0	35	310	less than 1	0	9
<b>Meat Biscuit n' Hashbrowns or Apples</b>												
	your choice of	Country Ham Biscuit	240	90	10	3.5	0	30	810	25	less than 1	1
		Smoked Sausage Biscuit	260	130	15	5	0	20	550	23	less than 1	1
	plus choice of	Fried Apples	170	20	2	0.5	0	45	37	6	26	less than 1
		Hashbrown Casserole	190	70	8	3	0	350	24	2	0	5
<b>Hashbrowns, Fried Apples n' Biscuit: with one butter and preserves</b>												
			600	180	21	9	0	25	730	96	9	38

Everyday 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)
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	200	140	16	6	0	45	510	0	0	0	15
	Smoked Sausage Patties: two patties	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	13
Southwestern Specialties (regional)		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		550	330	37	12	0	420	1130	30	5	4	27
Southwestern Scramble		650	350	39	17	0.5	685	1060	33	5	9	39
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 Pepper n' Red Skin Hash (regional)	370	250	28	4.5	0	0	360	28	4	4	3
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)
Apple Butter		100	0	0	0	0	0	10	24	less than 1	20	0
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
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	0	15
Pork Chop		250	110	13	5	0	90	350	0	1	0	35
Sausage n' Biscuit		260	130	15	5	0	20	550	23	less than 1	1	11
Sawmill Gravy		160	90	10	4	0	10	320	12	less than 1	4	5
Smoked Sausage Patties: two patties		210	150	17	6	0	35	480	less than 1	0	less than 1	14
Sugar Cured Ham		180	60	7	2.5	0	55	1180	4	less than 1	2	24
Thick-Sliced Bacon: three slices		200	140	16	6	0	45	510	0	0	0	15
Wild Maine Blueberry Muffin		360	150	16	4	0	90	550	46	4	46	6
Grilled Southwest Sausage: one link (regional)		250	200	22	8	0	35	900	4	1	0	10
Green Chilies (regional)		25	0	0	0	0	0	600	0	2	2	0
Sweet Pepper n' Red Skin Hash (regional)		370	250	28	4.5	0	0	360	28	4	4	3
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		330	80	8	2	0	5	85	59	5	40	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

<b>LUNCH - DINNER</b>												
<b>Daily Dinner Features</b>		<b>Cal.</b>	<b>Cal. from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
All Daily Dinner Features come with your choice of two Sides (see page 9 for nutritional information) and choice of Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)												
<b>Monday</b>	Grilled Country Pork Chops: two chops	490	230	25	10	0	185	700	0	2	less than 1	70
<b>Tuesday</b>	Lemon Pepper Grilled Rainbow Trout: two fillets	330	130	14	4	0	140	610	less than 1	less than 1	0	43
<b>Wednesday</b>	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
<b>Thursday</b>	Turkey n' Dressing: with turkey gravy and cranberry sauce	630	250	27	6	0	115	2180	54	7	13	43
<b>Friday</b>	Fish Fry											
	Cod Fillets: four pieces with tartar sauce	730	340	38	7	0	155	1710	60	3	3	37
	Haddock: one fillet with tartar sauce (regional)	760	410	46	8	0	120	1820	42	3	4	44
<b>Saturday</b>	Chicken n' Rice: with mushroom gravy	620	180	20	4.5	1	95	1480	75	2	1	36
<b>Sunday</b>	Homestyle Chicken: two breasts	1350	820	92	19	0	180	3200	65	6	2	66
<b>Weekday Lunch 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>
Our Monday through Thursday specials come with your choice of Biscuits or Corn Muffins and Real Butter (see page 10 for specific nutritional)												
<b>Monday</b>	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 9) for nutritional information										
<b>Tuesday</b>	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 9) for nutritional information										
<b>Wednesday</b>	Chicken Pot Pie	590	180	20	8	0	65	1190	69	7	0	32
<b>Thursday</b>	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 9) for nutritional information										
<b>Monday-Friday: Pick 2 Combo</b>												
	choice 1: Three Cheese Grilled Cheese	560	320	36	16	0	65	910	40	3	4	22
	Country House Salad: with grilled chicken	340	150	17	6	0	65	890	24	4	8	25
	choice 2: Westminster Crackers®: 2	70	20	2	0	0	0	60	12	0	0	0
	Salad Dressing 2 oz.	See (page 10) 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										
<b>Dressed Up Sandwich Platters</b>		<b>Cal.</b>	<b>Cal. from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
All Dressed Up Sandwich Platters come with choice of one Side (see page 9 for nutritional information) or 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
<b>French Dip with Au Jus</b>		790	390	44	15	0	245	2260	60	2	6	41



Dressed Up Sandwich Platters (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)
<b>Open-Faced Roast Beef</b>		700	300	33	13	1	135	950	52	2	6	51
<b>Chicken BLT</b>												
	your choice of Grilled Chicken Tenderloins	790	400	44	16	0	140	1430	48	4	12	51
	Fried Chicken Tenderloins	900	440	49	17	0	160	1890	72	3	7	45
<b>Grilled Reuben (regional)</b>		900	600	67	32	0	150	1420	28	7	less than 1	48
<b>Chile Jack Chicken (regional)</b>		670	280	31	12	0.5	150	1210	52	5	10	47
Cast Iron Pressed 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 Cast Iron Pressed Burger Platters come with Homestyle Fries and a sampling of Cole Slaw (see below) plus your choice of Corn Muffins and Real Butter (see page 10 for nutritional information)												
	Plus Homestyle Fries	370	110	12	2.5	0	0	870	60	4	0	6
	Cole Slaw Sampling	180	140	15	2.5	0	15	120	10	0	10	0
<b>Maple Jam n' Bacon Double Cheeseburger</b>		950	460	51	23	1.5	220	1300	52	2	21	67
<b>Signature Double Cheeseburger</b>		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 9 for nutritional information) and Biscuits or Corn Muffins and Real Butter(see page 10 for nutritional information)												
<b>Chicken n' Dumplins</b>		450	80	9	2.5	0	90	1740	55	7	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>Country Fried Steak</b>		600	250	28	8	0	65	1410	50	1	2	37
<b>Chicken Fried Chicken</b>		590	350	39	6	0	65	1170	23	3	2	37
<b>10 oz. Rib Eye Steak</b>		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: plus Westminster Crackers® and choice of salad dressing	260	140	15	6	0	35	600	22	3	5	12
	Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
	Salad Dressing: 2 oz.	See (page 10) for nutritional information										
<b>Grilled Sirloin Steak</b>		400	180	20	9	0	115	480	1	5	0	53
	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: plus Westminster Crackers® and choice of salad dressing	260	130	15	6	0	35	600	21	3	5	12
	Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
	Salad Dressing: 2 oz.	See (page 10) for nutritional information										
<b>U.S. Farm-Raised Catfish: 2 fillets</b>												
	your choice of Spicy Grilled	260	100	11	3	0	95	650	2	1	0	18
	Fried: with hushpuppies and tartar sauce	750	310	35	8	0	105	1460	52	3	5	21
<b>Country Fried Shrimp: with hushpuppies and cocktail sauce</b>		770	290	33	6	0	275	2800	94	5	8	25
<b>Chicken Tenderloins: six tenders</b>												
	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	540	170	18	3	0	165	2070	57	2	0	37
	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
<b>Haddock</b>		380	130	15	3	0	130	660	14	1	1	49

Fancy Fixin's (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)	
Lemon Pepper Grilled Rainbow Trout: two fillets		330	130	14	4	0	140	610	less than 1	less than 1	0	43	
Cracker Barrel Sampler (regional)		400	180	20	8	0	100	1020	26	3	3	29	
plus choice of		Sugar Cured Ham	90	30	3.5	1	0	30	590	2	0	less than 1	12
		Country Ham	140	60	6	2.5	0	50	840	3	less than 1	0	16
Chile Jack Chicken (regional)		440	160	18	10	0	190	1230	14	2	3	56	
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 9 for nutritional information) and Biscuits or Corn Muffins and Real Butter (see page 10 for nutritional information)													
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		360	110	12	2	0	110	1380	38	1	0	24	
plus choice of		Apple Cider BBQ Sauce	80	10	1	0	0	350	18	0	16	0	
		Honey Mustard	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	60	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	0	0	0	22	
U.S. Farm Raised Catfish Fillet: 1 fillet													
your choice of		Spicy Grilled	130	50	5	1	0	50	330	less than 1	less than 1	0	9
		Fried	370	190	21	4	0	55	610	17	less than 1	3	10
Homemade Chicken n' Dumplings		340	60	7	2	0	70	1300	41	5	1	28	
Country Vegetable Plate		choice of three or four Sides		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 (except Southern Grilled Chicken Caesar) come with Westminster Crackers®: see (page 10) for nutritional information													
Southern Grilled Chicken Caesar Salad: includes Caesar Dressing		640	340	38	9	0.5	300	1480	29	6	8	47	
Country Chef Salad		620	340	38	14	0	280	1650	27	5	8	45	
plus choice of		Salad Dressing: 2.5 oz.		See (page 10) for nutritional information									
Grilled Chicken Salad		620	310	34	14	0	295	1300	31	6	12	48	
plus choice of		Salad Dressing: 2.5 oz.		See (page 10) for nutritional information									
Fried Chicken Salad		820	380	42	16	0	340	2110	64	6	7	48	
plus choice of		Salad Dressing: 2.5 oz.		See (page 10) for nutritional information									
House Salad		260	140	15	6	0	35	600	22	3	5	12	
plus choice of		Salad Dressing: 2 oz.		See (page 10) 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													
Southern Grilled Chicken Caesar Salad: includes Caesar Dressing		640	340	38	9	0.5	300	1480	29	6	8	47	
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	0	0	0	22	
Wholesome Fixin's Vegetable Plate		choice of three Wholesome Fixin's 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	0	15
Homestyle Fries		370	110	12	2.5	0	0	870	60	4	0	6
Sweet Pepper n' Red Skin Hash - (regional)		370	250	28	4.5	0	0	360	28	4	4	3
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	15	0	0.5	0	0	less than 5	105	2	0	0	less than 1
	Brown Gravy	10	5	1	0	0	0	85	1	0	0	0
	Sawmill Gravy	40	25	2.5	1	0	less than 5	80	3	0	1	1
Mixed Green Side Salad	15	0	0	0	0	0	5	3	2	2	1	
plus choice of	Salad Dressing	See (page 10) for nutritional information										
and complimentary	Westminster Crackers®: 2 packs	70	20	2	0	0	0	60	12	0	0	0
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		80	10	1	0	0	15	135	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
Cottage Cheese (regional)		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)
All soups come with two complimentary packs of Westminster Crackers®: (see page 10 for nutritional information)												
Beef n' Noodle	cup	140	45	5	2	0	40	560	15	1	1	10
	bowl	290	90	10	4	0	80	1110	29	3	3	20
Chicken n' Rice	cup	150	40	4.5	1	0	40	600	13	less than 1	0	13
	bowl	290	80	9	2.5	1	80	1210	26	1	less than 1	27
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

Hot Soups (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)
<b>Country Potato</b>	cup	140	35	4	1	0	less than 5	660	23	2	3	4
	bowl	290	70	8	2	0	5	1320	47	5	5	9
<b>Potato</b>	cup	130	25	3	1	0	0	620	22	2	4	4
	bowl	260	50	6	1	0	0	1250	44	4	8	8
<b>Turkey Noodle</b>	cup	110	40	4.5	1.5	0	30	620	8	less than 1	less than 1	9
	bowl	210	80	9	2.5	0	55	1230	16	2	1	17
<b>Hearty Beef n' Vegetable</b>	cup	120	20	2	1	0	25	380	19	3	7	8
	bowl	250	40	4	2	0	50	760	37	6	14	16
<b>Vegetable</b>	cup	80	10	1	0	0	0	360	16	3	4	3
	bowl	170	20	2	0	0	0	720	33	5	7	6
<b>Tortilla (regional)</b>	cup	300	150	17	8	0	55	1020	21	2	2	18
	bowl	600	300	33	15	0	115	2050	42	4	4	36
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)
<b>Balsamic Herb Vinaigrette</b>		170	120	13	2	0	0	470	13	0	12	0
<b>Blue Cheese Dressing</b>		310	290	32	7	0.5	45	780	3	0	2	3
<b>Buttermilk Caesar</b>		280	260	29	5	0	30	770	3	less than 1	1	3
<b>Buttermilk Ranch</b>		240	220	25	4	0	20	530	3	0	2	1
<b>Dijon Honey Mustard</b>		280	240	26	4	0	20	500	10	0	9	less than 1
<b>Honey French</b>		350	250	27	4	0	0	580	26	less than 1	25	0
<b>Thousand Island Dressing</b>		300	250	28	4.5	0	30	450	12	0	11	less than 1
<b>Fat-Free Italian</b>		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)
<b>Balsamic Herb Vinaigrette</b>		140	100	11	1.5	0	0	380	11	0	10	0
<b>Blue Cheese Dressing</b>		250	230	26	5	0	35	620	2	0	2	2
<b>Buttermilk Caesar</b>		230	210	23	4	0	25	620	2	0	less than 1	2
<b>Buttermilk Ranch</b>		190	180	20	3	0	15	420	2	0	2	less than 1
<b>Dijon Honey Mustard</b>		220	190	21	3	0	15	400	8	0	7	less than 1
<b>Honey French</b>		280	200	22	3	0	0	470	21	0	20	0
<b>Thousand Island Dressing</b>		240	200	22	3.5	0	20	360	10	0	9	less than 1
<b>Fat-Free Italian</b>		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)
<b>Bread or Toast</b>												
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	4
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
English Muffin: each (regional)		130	10	1	0	0	0	260	26	less than 1	less than 1	5
<b>Toppings</b>												
Real Butter: each		35	35	4	3	0	10	30	0	0	0	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

Miscellaneous (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)
<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
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>Other</b>												
Hushpuppies: each		50	20	2.5	0	0	0	115	7	0	less than 1	less than 1
<b>Kid's Breakfast Menu</b>												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Two Buttermilk Pancakes		420	100	11	2	0	15	1760	74	2	6	6
	plus choice of Sweet Toppings n' Butter	See (page 3) for nutritional information										
One Buttermilk Pancake		210	50	5	1	0	5	880	37	less than 1	3	3
	plus choice of Sweet Toppings n' Butter	See (page 3) for nutritional information										
<b>Cereal and Milk</b>												
	Cheerios®	120	20	2	0	0	0	190	24	4	1	4
	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
	Whole Milk	150	70	8	5	0	35	120	12	0	11	8
One Egg n' Biscuit: with one butter and jelly		300	160	17	6	0	170	410	36	less than 1	12	10
Fresh Fruit n' Yogurt Parfait		330	80	8	2	0	5	85	59	5	40	9
<b>Half Order of Bacon or Sausage</b>												
	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	110	80	8	3	0	20	240	0	0	0	7
	Thick-Sliced Bacon: two slices	130	90	10	3.5	0	30	340	0	0	0	10
	Link Sausage: two links (regional)	140	100	11	3.5	0	35	310	less than 1	0	1	9
<b>Kid's Homestyle Meals</b>												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Homestyle Meals come with a beverage (page 12 for nutrition information), one Side (page 9 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		270	80	9	2	0	85	1040	28	less than 1	0	18
	plus choice of 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
Country Fried Shrimp: with a hushpuppy and cocktail sauce		400	150	16	3	0	145	1600	51	3	12	13
<b>Kid's Sandwiches Entrees</b>												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Kid's Sandwiches come with your choice of a select beverage (see page 12 for nutritional information) and one Side (see page 9 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
<b>Kid's Country Plates</b>												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Kid's Country Plates come with your choice of a select beverage (see page 12 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 9) 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)
<b>Juice</b>												
	100% Florida Valencia Orange	100	0	0	0	0	0	0	21	0	19	2
	Apple: Kid's Juice Box	100	0	0	0	0	0	10	26	0	22	0
	Apple	100	0	0	0	0	0	10	26	0	22	0
	Grapefruit	90	0	0	0	0	0	0	20	0	18	0
	Tomato	50	0	0	0	0	0	680	10	2	7	2
<b>Milk</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
<b>Soft Drinks</b>												
	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
	Fanta Orange	170	0	0	0	0	0	65	48	0	47	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: Kid's		200	60	7	4	0	25	85	30	0	25	4
<b>Kid's Desserts</b>												
Ice Cream: two scoops		230	120	13	9	0	50	75	25	0	23	4
Nut Sundaes												
	with strawberry sauce	240	110	12	5	0	30	45	30	less than 1	26	4
	with butterscotch caramel	270	120	13	6	0	30	100	35	less than 1	25	4
	with hot fudge sauce	280	150	16	9	0	30	90	30	1	24	4
<b>Beverages</b>												
Coffee		0	0	0	0	0	0	10	0	0	0	0
<b>Crafted Coffee</b>												
Goo Goo Cluster Latte												
	iced	280	80	9	5	0	25	220	42	0	36	7
	hot	300	100	11	6	0	35	240	41	0	35	10
Plain Latte												
	iced	60	20	2.5	1.5	0	10	60	6	0	6	4
	hot	100	35	4	2.5	0	15	100	9	0	9	6
Caramel Latte												
	iced	250	60	6	4	0	25	80	41	0	38	5
	hot	280	70	8	4.5	0	30	105	44	0	40	7
Vanilla Latte												
	iced	230	60	6	4	0	25	75	39	0	36	5
	hot	260	70	7	4.5	0	30	105	41	0	39	7
Mocha												
	iced	240	60	6	3.5	0	20	70	42	0	38	4
	hot	280	70	8	4.5	0	30	110	46	0	42	7
<b>Juice</b>												
Apple: Kid's Juice Box		100	0	0	0	0	0	10	26	0	22	0
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

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)
<b>Milk</b>												
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
<b>Hot Tea</b>												
		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
		70	0	0	0	0	0	5	17	0	16	0
Lemonade	Regular	200	0	0	0	0	0	15	47	0	21	2
	Raspberry	230	0	0	0	0	0	20	55	0	29	2
<b>Stewart's Sodas</b>												
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
<b>Soft Drinks</b>												
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
Fanta Orange		220	0	0	0	0	0	85	64	0	63	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
<b>Other Beverages</b>												
English Mountain Bottled Water		0	0	0	0	0	0	5	0	0	0	0
Frozen Mug Apple Cider		180	0	0	0	0	0	40	47	0	39	0
Hot Chocolate	Kid's	200	60	7	4	0	25	85	30	0	25	4
	regular	370	90	10	5	0	30	160	60	0	52	8
<b>Desserts</b>												
		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Favorites</b>												
Blackberry Cobbler: with one scoop ice cream		470	130	15	9	0	50	220	75	3	52	8
Peach Cobbler: with one scoop ice cream		490	200	22	11	0	50	230	68	1	49	6
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		1700	660	73	31	0	95	1590	244	8	118	15
<b>Pies</b>												
All American Apple Pie: with one scoop ice cream		490	210	24	10	0	30	330	65	3	19	7
<b>Frozen Mug Sundaes</b>												
Butterscotch Caramel		640	290	32	17	0	90	230	80	1	61	11
Hot Fudge		660	350	39	22	0	85	220	70	2	59	11
Strawberry		590	270	30	15	0	85	125	71	1	63	10
<b>Ice Cream Floats</b>												
Orange n' Cream Soda		490	120	13	9	0	50	160	89	0	87	4
Root Beer		450	120	13	9	0	50	140	79	0	78	4

**CATERING**

<b>CATERING</b>												
<b>Breakfast Bundles (Serves 6)</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>Cracker Barrel Classic:</b> ham, egg n' cheese casserole, grits, gravy, biscuits, butter and jam:		8460	4160	462	221	5	4060	15660	675	17	143	406
plus choice of	Fried Apples	970	90	10	2	0.5	0	190	218	17	161	2
	Hashbrown Casserole	1150	450	50	19	0	65	2110	146	15	less than 1	31
plus choice of	Turkey Sausage: 12 patties	650	300	34	10	0	340	2730	6	3	0	80
	Thick-Sliced Bacon: 18 slices	1200	840	94	33	0	255	3070	2	0	0	87
	Smoked Sausage Patties: 12 patties	1280	920	102	36	0	220	2900	4	3	3	86
<b>Fresh Start:</b> create your own oatmeal bar, fresh seasonal fruit, yogurt n' granola, blueberry muffins												
	Oatmeal Bar (total)	1290	200	22	7	1	20	1080	239	23	57	34
	Fresh Seasonal Fruit (total)	250	10	1	0	0	0	0	63	12	43	4
	Yogurt n' Granola (total)	1810	490	55	11	0	35	410	301	15	196	46
	Wild Maine Blueberry Muffins (total)	700	290	32	7	0	170	1080	90	8	89	12
<b>Grab n' Go:</b> choose either Meat Biscuits or Egg Sandwiches, plus choice of side and meat:												
choice of Meat Biscuit	Smoked Sausage (each)	260	130	15	5	0	20	550	23	less than 1	1	11
	Turkey Sausage (each)	210	80	9	3	0	30	540	23	less than 1	1	10
	Sugar Ham (each)	210	70	8	3	0	20	670	24	less than 1	2	11
	Country Ham (each)	240	90	10	4	0	30	810	25	less than 1	1	13
	Fried Chicken Tenderloins (each)	250	80	9	3	0	30	660	32	less than 1	1	9
or choice of	Egg Sandwich (each)	370	120	14	4	0	385	320	43	3	7	20
plus choice of	Fried Apples	970	90	10	2	0.5	0	190	218	17	161	2
	Hashbrown Casserole	1150	450	50	19	0	65	2110	146	15	less than 1	31
plus choice of	Turkey Sausage: 12 patties	650	300	34	10	0	340	2730	6	3	0	80
	Thick-Sliced Bacon: 18 slices	1200	840	94	33	0	255	3070	2	0	0	87
	Smoked Sausage Patties: 12 patties	1280	920	102	36	0	220	2900	4	3	3	86
<b>Homestyle Contentental:</b> cinnamon drop biscuits, blueberry muffins, biscuits, butter, jam, gravy and paired with fresh seasonal fruit and coffee		7060	2835	316	136	3.5	470	9960	955	55	457	121
<b>Meat Biscuits (Dozen)</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>Smoked Sausage</b>	each	260	130	15	5	0	20	550	23	less than 1	1	11
<b>Turkey Sausage</b>	each	210	80	9	3	0	30	540	23	less than 1	1	10
<b>Sugar Ham</b>	each	210	70	8	3	0	20	670	24	less than 1	2	11
<b>Country Ham</b>	each	240	90	10	4	0	30	810	25	less than 1	1	13
<b>Fried Chicken Tenderloins</b>	each	250	80	9	3	0	30	660	32	less than 1	1	9



Eggs n' Meat		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)
Ham, Egg n' Cheese Casserole: pan (serves 12)	total	3990	2170	241	130	3.5	3835	7960	142	5	53	317
	per person	330	180	20	11	0	320	660	12	0	4	26
Egg Sandwich	each	370	120	14	4	0	385	320	43	3	7	20
	total	1320	770	86	28	0	3465	1340	15	4	5	122
Scrambled Eggs	per person	220	130	14	5	0	575	220	3	less than 1	less than 1	20
	total	1200	840	94	33	0	255	3070	2	0	0	87
Thick Sliced Bacon: 18 slices	per person	200	140	16	5	0	45	510	0	0	0	15
	total	1280	920	102	36	0	220	2900	4	3	3	86
Smoked Sausage Patties: 12 patties	per person	210	150	17	6	0	35	480	less than 1	0	less than 1	14
	total	650	300	34	10	0	340	2730	6	3	0	80
Turkey Sausage: 12 patties	per person	110	50	6	2	0	55	460	1	0	0	13
	total	1060	0	42	14	0	345	7080	26	3	10	144
Sugar Cured Ham: 6 slices	per person	180	0	7	3	0	55	1180	4	less than 1	2	24
	total	1630	690	77	31	0	570	10070	37	8	0	198
Country Ham: 6 slices	per person	270	120	13	5	0	95	1680	6	1	0	33
Fresh Favorites n' Griddle 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)
Yogurt n' Granola: low-fat vanilla yogurt with honey oats, almonds, and dried fruit granola	total	1810	490	55	11	0	35	410	301	15	196	46
	per person	300	80	9	2	0	5	70	50	3	33	8
Oatmeal Bar: Apple n' Cinnamon Oatmeal, reduced-fat milk, fuji apple topping, dried cranberries, and pecans	total	2030	330	36	10	1	40	1530	382	38	166	50
	per person	340	50	6	2	0	5	250	64	6	28	8
Fresh Apple Slices	total	430	0	0	0	0	0	0	113	17	84	3
	per person	70	0	0	0	0	0	0	19	3	14	less than 1
Fresh Seasonal Fruit	total	250	10	1	0	0	0	0	63	12	43	4
	per person	50	0	0	0	0	0	0	12	2	9	less than 1
Sliced Tomatoes	total	16	2	0	0	0	0	5	3	1	2	less than 1
	per person	0	0	0	0	0	0	0	1	0	0	0
Dozen Buttermilk Pancakes	total	2520	590	66	13	0	80	10550	444	9	38	37
	per person	420	100	11	2	0	15	1760	74	2	6	6
Dozen Slices of Our French Toast	total	2240	870	97	25	0	1000	2070	265	13	36	78
	per person	370	140	16	4	0	165	350	44	2	6	13
Everyday Extras		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)
Signature Homemade Biscuits and Sawmill Gravy	total	3180	1400	155	57	1.5	95	6340	368	10	48	77
	per person	530	230	26	10	0	15	1060	61	2	8	13
Cinnamon Drop Biscuits	total	1840	700	78	41	2	75	2190	268	10	152	22
	per person	310	120	13	7	0	15	370	45	2	25	4
Hashbrown Casserole: quart	total	1150	450	50	19	0	65	2110	146	15	less than 1	31
	per person	190	70	8	3	0	10	350	24	2	0	5
Fried Apples: quart	total	970	90	10	2	0.5	0	190	218	17	161	2
	per person	160	15	1.50	0	0	0	30	36	3	27	0
Coarse Ground Grits (quart)	total	650	160	17	2.5	0	0	1010	111	2	less than 1	12
	per person	110	25	3	0	0	0	170	18	0	0	2
Sawmill Gravy (quart)	total	1420	850	94	36	3	110	2500	105	4	52	40
	per person	240	140	16	6	1	20	420	18	less than 1	9	7
Wild Maine Blueberry Muffins: six muffins	total	700	290	32	7	0	170	1080	90	8	89	12
	each	120	50	5	1	0	30	180	15	1	15	2

Country Salads (Serves 6)		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 choice of two pints of Salad Dressing: see (below) for nutritional information												
Fried Chicken Tenderloin Salad	total	4100	1810	202	82	0	1525	11340	325	24	24	254
Grilled Chicken Tenderloin Salad	total	2870	1380	153	74	0	1245	6480	127	23	52	253
Country Chef Salad	total	2090	1260	140	67	0.5	965	4780	70	16	23	147
Salad Dressings (1 Pint each)		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	total	1120	780	86	13	1.5	0	3010	84	2	77	1
Blue Cheese	total	2000	1850	206	44	3.5	295	5000	19	3	15	18
Buttermilk Caesar	total	1810	1680	187	32	3	185	4930	17	4	8	16
Buttermilk Ranch	total	1530	1430	159	25	2.5	130	3380	19	2	13	7
Honey French	total	2240	1580	175	26	2.5	0	3730	165	3	157	3
Honey Mustard	total	1780	1510	168	25	2.5	135	3180	65	3	58	5
Thousand Island	total	1940	1600	178	28	2.5	175	2900	80	3	73	6
Fat-Free Italian	total	180	0	0	0	0	0	4200	48	0	36	0
Fancy Fixin's (Serves 6)		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 come with choice of three quart-sized sides from Sides a la Carte and choice of bread: see (page 16 and 17) for nutritional information												
Chicken Fried Chicken	total	3600	2130	237	35	1.5	410	7010	140	16	19	225
	per person	600	360	40	6	0	70	1170	23	3	3	38
Country Fried Steak	total	3660	1560	173	46	1	390	8430	304	8	19	222
	per person	610	260	29	8	0	65	1400	51	1	3	37
Country Ham	total	1630	690	77	31	0	570	10070	37	8	0	198
	per person	270	120	13	5	0	95	1680	6	1	0	33
Fried Catfish	total	3700	2220	246	46	3	365	5810	195	11	40	66
	per person	620	370	41	8	0	60	970	33	2	7	11
Fried Chicken Tenderloins	total	2160	660	74	14	0	665	8280	226	8	0	147
	per person	360	110	12	3	0	110	1380	38	1	0	24
Grilled Chicken Tenderloins	total	930	230	25	5	0	385	3420	28	7	27	147
	per person	150	40	4	1	0	65	570	5	1	5	24
Homemade Chicken n' Dumplings	total	2010	360	40	12	0	405	7810	248	30	7	166
	per person	340	60	7	2	0	70	1300	41	5	1	28
Homestyle Chicken (Sunday Only)	total	4040	2470	275	56	0	540	9620	195	17	5	199
	per person	670	410	46	9	0	90	1600	32	3	less than 1	33
Meatloaf	total	4170	2500	278	110	2	1105	7450	135	20	37	281
	per person	690	420	46	18	0	185	1240	22	3	6	47
Mushroom, Onion n' Swiss Chopped Steak	total	3360	2160	240	115	1	705	2250	47	11	16	242
	per person	560	360	40	19	0	120	370	8	2	3	40
Roast Beef	total	2880	1560	173	71	6	795	4680	63	0	0	268
	per person	480	260	29	12	1	135	780	10	0	0	45
Smoky Southern Grilled Chicken Breast	total	980	150	16	5	1	525	2550	26	11	6	177
	per person	160	25	3	1	0	85	420	4	2	1	30
Sugar Cured Ham	total	1060	0	42	14	0	345	7080	26	3	10	144
	per person	180	0	7	3	0	55	1180	4	less than 1	2	24

Sides A La Carte (Serves 6)		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)
Brussels Sprouts n' Kale Salad: quart	total	1690	1080	120	13	1	0	1100	196	21	151	18
	per person	280	180	20	2	0	0	180	33	4	25	3
Cole Slaw: quart	total	1430	1100	122	19	2	120	970	81	1	78	2
	per person	240	180	20	3	0	20	160	13	0	13	0
Cornbread Dressing: quart (Monday and Thursday only)	total	1500	780	86	16	0	110	4510	153	16	14	27
	per person	250	130	14	3	0	20	750	26	3	2	4
Country Green Beans: quart	total	420	180	20	8	0	55	2300	49	21	8	10
	per person	70	30	3.5	2	0	10	380	8	4	1	2
Dumplings: quart	total	820	200	22	7	0	5	3750	144	12	2	19
	per person	150	35	4.0	2	0	0	670	26	2	0	3
Fried Apples: quart	total	970	90	10	2	0.5	0	190	218	17	161	2
	per person	160	15	1.50	0	0	0	30	36	3	27	0
Fried Okra: quart	total	1480	500	56	10	0	60	3120	226	15	9	19
	per person	250	80	9	2	0	10	520	38	2	2	3
Hashbrown Casserole: quart	total	1150	450	50	19	0	65	2110	146	15	less than 1	31
	per person	190	70	8	3	0	10	350	24	2	0	5
Macaroni n Cheese: quart	total	1620	850	94	36	1	145	4220	136	10	20	58
	per person	270	140	16	6	0	25	700	23	2	3	10
Mashed Potatoes: quart	total	980	420	47	9	0	30	850	123	13	4	16
	per person	160	70	8	2	0	5	140	20	2	less than 1	3
Mashed Potatoes with Brown Gravy: quart	total	1040	460	51	9	0	30	1360	129	15	5	18
	per person	170	80	8	2	0	5	230	22	2	less than 1	3
Mashed Potatoes with Sawmill Gravy: quart	total	1240	580	65	15	0.5	50	1320	142	14	14	23
	per person	210	100	11	3	0	10	220	24	2	2	4
Mixed Green Salad: quart	total	160	15	2	0	0	0	65	32	16	16	11
	per person	25	0	0	0	0	0	10	5	3	3	2
Pinto Beans: quart	total	1080	140	16	5	0	95	1960	155	50	0	78
	per person	180	25	3	1	0	15	330	26	8	0	13
Steamed Broccoli: quart	total	240	10	1	0	0	0	75	36	23	5	22
	per person	40	0	0	0	0	0	10	6	4	less than 1	4
Sweet Potato Casserole: quart (Thursday only)	total	1400	250	28	4.5	0	0	640	273	17	213	15
	per person	350	60	7	1	0	0	160	68	4	53	4
Sweet Whole Baby Carrots: quart	total	450	45	5	1	0	70	730	95	18	53	7
	per person	80	10	1	0	0	10	120	16	3	9	1
Turnip Greens: quart	total	570	190	21	8	0	95	2210	35	22	0	61
	per person	100	30	3.5	2	0	15	370	6	4	0	10
Whole Kernel Corn: quart	total	1150	440	48	8	0	100	550	162	17	4	18
	per person	190	70	8	2	0	15	90	27	3	less than 1	3
Loaded Baked Potato Bar	total	3180	1090	122	67	1	360	2560	418	44	28	104
	per person	530	180	20	11	0	60	430	70	7	5	17

Sides A La Carte (Serves 12)		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)
Brussels Sprouts n' Kale Salad: pan	total	3590	2300	255	28	2.5	0	2340	415	44	321	38
Cole Slaw: pan	total	2860	2200	244	38	3.5	235	1940	161	1	157	4
Cornbread Dressing: pan (Monday and Thursday only)	total	5030	2570	286	58	1.5	375	15300	528	87	56	84
Dumplings: pan	total	2420	580	65	21	1	15	11000	423	35	6	55
Fried Apples: pan	total	3020	350	39	12	1.5	10	750	654	97	459	10
Hashbrown Casserole: pan	total	2310	890	99	39	0.5	135	4220	292	30	1	63
Macaroni n' Cheese: pan	total	4660	2440	271	104	3	410	12090	390	7	56	165
Mashed Potatoes with Brown Gravy: pan	total	3220	1410	157	29	0	95	5190	394	46	15	58
Mashed Potatoes with Sawmill Gravy: pan	total	4150	1990	221	59	1	185	5090	455	42	48	83
Steamed Broccoli: pan	total	360	12	2	0	0	0	110	53	30	8	33
Bread (Serves 6)		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: dozen	each	160	50	6	2	0	0	310	23	less than 1	1	3
Corn Muffin: dozen	each	210	100	11	3	0	30	510	24	4	2	4
Sourdough Bread: one loaf	each	110	0	3	0	0	0	90	24	1	3	4
Beverages (Serves 6)		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)
Premium Regular Coffee: 96oz	total	0	0	1	0	0	0	95	0	0	0	4
Premium Decaf Coffee: 96oz	total	0	0	0	0	0	0	60	0	0	0	3
Unsweetened Freshly Brewed Iced Tea: gallon	total	25	0	0	0	0	0	0	15	2	2	less than 1
Sweetened Freshly Brewed Iced Tea: gallon	total	1050	0	0	0	0	0	0	273	2	266	less than 1
Florida Valencia Orange Juice: gallon	total	1530	0	0	0	0	0	0	340	0	306	24
Lemonade: gallon	total	2100	0	0	0	0	0	170	501	2	227	19
Desserts (Serves 12)		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 Chocolate Fudge Coca-Cola Cake	total	8130	2870	319	115	0	475	3280	1237	37	1010	77
Blackberry Fruit Cobbler	total	3840	830	92	51	0	290	1990	689	32	445	66
Peach Fruit Cobbler	total	4080	1510	167	77	0	290	2170	608	15	407	42
Homestyle Cookies: 6 oatmeal raisin and 6 chocolate chip	total	2870	1090	127	72	0	340	1230	424	24	270	38
Homestyle Cookies: 12 chocolate chip	total	3080	1370	157	89	0	340	1500	404	21	267	41
Homestyle Cookies: 12 oatmeal raisin	total	2670	820	96	55	0	340	960	445	27	274	34

# Seasonal Offerings

Seasonal Offerings: Available 7/16/18 - 8/5/18													
Breakfast		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: two pancakes, two eggs, one slice of bacon, and one smoked sausage patty		750	310	34	10	0	430	2320	78	3	7	32	
	plus 100% Pure Natural Syrup	150	0	0	0	0	0	0	39	0	37	0	
	Real Butter Scoop	110	110	12	8	0	30	90	0	0	0	0	
	plus choice of Country Ham	270	120	13	5	0	95	1680	6	1	0	33	
	Sugar Ham	180	60	7	2.5	0	55	1180	4	less than 1	2	24	
	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	
Double Meat Breakfast: three eggs, grits, thick sliced bacon and smoked sausage patties		720	440	49	16	0	655	1340	20	2	1	50	
Lunch Dinner		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 9 for nutritional information) and Biscuits or Corn Muffins and Real Butter(see page 10 for nutritional information)													
Country Fried Steak		600	250	28	8	0	65	1410	50	1	2	37	
Chicken n' Dumplins		450	80	9	2.5	0	90	1740	55	7	2	37	
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)	
Loaded Hashbrown Casserole		350	190	21	10	0	50	730	25	2	0	15	
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)	
Strawberry Lemonade		kid's	250	0	0	0	0	15	59	0	36	1	
		regular	330	0	0	0	0	20	79	0	48	2	
S'mores Latte: topped with whipped cream, graham cracker crumbs and Hershey's milk chocolate piece		iced	200	70	8	4.5	0	25	140	28	less than 1	24	5
		hot	230	80	9	6	0	30	170	28	less than 1	24	8
Dessert		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)	
Peach Cobbler: with one scoop ice cream		490	200	22	11	0	50	230	68	1	49	6	