



NUTRITION GUIDE

This information is applicable as of 8/27/18

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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)
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
	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
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
	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
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
	Grilled Southwest Sausage: two links (regional)	510	390	43	16	0	75	1790	8	2	less than 1	20
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	Wild Maine 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
	Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	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
	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
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
	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
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
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
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

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
	Link Sausage: two links (regional)	140	100	11	3.5	0	35	310	less than 1	0	1	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
	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, 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)	
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	
Sweet Pepper n' Red Skin Hash (regional)		150	50	5	1	0	0	85	24	3	3	3	
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
		Link Sausage: three links (regional)	210	150	17	5	0	50	460	1	less than 1	2	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		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	

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 9 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
	Haddock: one fillet with tartar sauce (regional)	760	410	46	8	0	120	1820	42	3	4	44
Saturday	Chicken n' Rice: with mushroom gravy	620	180	20	4.5	0	95	1480	75	2	1	36
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 9) 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 9) 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 9) 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 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										
Dressed Up Sandwich 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 Dressed Up Sandwich Platters come with your choice of one Side (see page 9 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

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)
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
Grilled Reuben (regional)		900	600	67	32	0	150	1420	28	7	less than 1	48
Chile Jack Chicken (regional)		660	280	31	12	0.5	150	1230	51	5	11	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	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
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 9 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 10) 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 10) 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

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)
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	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 (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)												
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	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 9) for nutritional information								
Grilled Southwest Sausage (regional)		510	390	43	16	0	75	1790	8	2	less than 1	20
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 10) 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 10) 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 10) 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 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		630	340	38	9	0.5	300	1480	26	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	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	0	less than 1	
	Brown Gravy	20	10	1	0	0	0	140	2	0	0	less than 1	
	Sawmill Gravy	40	25	2.5	1	0	less than 5	80	3	0	1	1	
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											
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	
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	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

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)
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
Tortilla (regional)	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)
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
English Muffin: each (regional)		130	10	1	0	0	0	260	26	less than 1	less than 1	5
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

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)
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		330	80	8	2	0	5	85	59	5	40	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
	your choice of Link Sausage: two links (regional)	140	100	11	3.5	0	35	310	less than 1	0	1	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 & 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		310	150	17	4.5	0	40	850	22	8	0	18
	plus choice of Cider BBQ Sauce	80	10	1	0	0	0	350	18	0	16	0
	plus choice of 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 & 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
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 & 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)
Juices												
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

Kid's 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)
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	190	60	6	4	0	25	75	28	0	25	5
	Hot	230	70	8	5	0	30	115	31	0	29	7
Caramel Latte	Iced	210	60	7	4	0	25	80	31	0	27	5
	Hot	250	70	8	5	0	30	120	35	0	31	7
Mocha	Iced	260	60	7	4	0	25	100	43	0	37	6
	Hot	310	80	9	5	0	30	150	47	0	41	9
Goo Goo Cluster Latte	Iced	260	70	8	4.5	0	25	200	41	0	35	5
	Hot	280	90	10	6	0	30	210	39	0	33	8
Juices												
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)
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
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												
Blue Sky Blood Orange		190	0	0	0	0	0	15	49	0	48	0
Blue Sky Black Cherry		190	0	0	0	0	0	15	44	0	43	0
Other Beverages												
English Mountain Bottled Water		0	0	0	0	0	0	5	0	0	0	0
Chilled Apple Cider		210	0	0	0	0	0	45	54	0	46	0
Hot Chocolate	Kid's	210	60	7	4	0	25	90	30	0	24	6
	Regular	380	90	10	6	0	35	170	61	0	51	11
Desserts												
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		490	210	24	10	0	30	330	65	3	19	7
Ice Cream Floats												
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

Breakfast (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)
Cracker Barrel Classic: ham, egg n' cheese casserole, grits, gravy, and biscuits	total	4300	2190	243	113	3	2370	8340	290	19	67	238
	per serving	720	360	40	19	0	395	1390	48	3	11	40
plus choice of side	Fried Apples (total)	1030	120	13	4.5	0	less than 5	260	222	33	156	3
	per serving	170	20	2	1	0	less than 1	40	37	6	26	less than 1
	Hashbrown Casserole (total)	1150	450	50	19	0	65	2110	146	15	3	31
	per serving	190	80	8	3	0	10	350	24	3	less than 1	5
plus choice of meat	Turkey Sausage (each)	50	25	3	1	0	30	230	less than 1	0	0	7
	Thick-Sliced Bacon (each)	70	50	6	2	0	15	150	0	0	0	5
	Smoked Sausage Patties (each)	120	90	10	4	0	30	200	less than 1	0	0	7
Fresh Start: create your own oatmeal bar, fresh seasonal fruit, yogurt n' granola, blueberry muffins:												
Apple n' Cinnamon Oatmeal	total	1140	180	20	6	1	20	960	212	20	51	30
	per serving	190	30	4	1	0	less than 5	160	36	3	9	5
comes with choice of toppings	Fuji Apple Topping (total)	400	0	0	0	0	0	280	102	10	90	0
	per serving	70	0	0	0	0	0	50	17	2	15	0
	Pecans (total)	390	370	41	4	0	0	0	8	5	2	5
	per serving	70	60	7	1	0	0	0	1	less than 1	less than 1	less than 1
	Reduced-fat Milk (carton)	130	45	5	3	0	20	130	12	0	12	8
per serving	20	10	1	1	0	less than 5	20	2	0	2	1	
Fresh Seasonal Fruit	total	250	10	1	0	0	0	0	63	12	43	4
	per serving	40	0	0	0	0	0	0	11	2	7	1
Yogurt n' Granola: low-fat vanilla yogurt with honey oats, almonds, and dried fruit granola	low-fat vanilla yogurt (total)	820	70	7	4.5	0	35	400	162	0	139	25
	per serving	140	10	1	1	0	5	70	27	0	23	4
	Granola (total)	1020	350	39	5	0	0	105	149	16	64	23
	per serving	170	60	7	1	0	0	20	25	3	11	4
Wild Maine Blueberry Muffins: 6 muffins	each	140	50	5	1	0	30	150	21	1	12	2
Grab n' Go: choose either Meat Biscuits or Egg Sandwiches, plus choice of side and meat:												
choice of meat biscuit	Smoked Sausage (each)	280	140	16	6	0	30	510	24	0	1	10
	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 Tenderloin (each)	260	110	12	4	0	15	590	30	3	1	9
or choice of	Egg Sandwich (each)	370	120	14	4	0	385	320	44	3	7	20
plus choice of side	Fried Apples (total)	1030	120	14	4	1	less than 5	260	223	33	157	3
	Hashbrown Casserole (total)	1150	450	50	19	0	65	2110	146	15	3	31
	Turkey Sausage (each)	50	25	3	1	0	30	230	less than 1	0	0	7
plus choice of meat side	Thick-Sliced Bacon (each)	70	50	6	2	0	15	150	0	0	0	5
	Smoked Sausage Patties (each)	120	90	10	4	0	30	200	less than 1	0	0	7
Homestyle Continental: cinnamon drop biscuits, blueberry muffins, biscuits, butter, jam, gravy, and paired with fresh seasonal fruit and coffee:												
Cinnamon Drop Biscuits: 6 biscuits	each	310	120	13	7	0.0	15	370	45	2	25	4
Wild Maine Blueberry Muffins: 6 muffins	each	140	50	5	1	0	30	150	21	1	12	2
Buttermilk Biscuits: Dozen	each	160	50	6	2	0.0	0	310	23	less than 1	1	3
Sawmill Gravy	total	1280	750	83	33	1.0	90	2600	95	4	35	37
	per serving	210	130	14	6	0	15	430	16	1	6	6
Fresh Seasonal Fruit	total	250	10	1	0	0.0	0	0	63	12	43	4
	per serving	40	0	0	0	0	0	0	11	2	7	1
Coffee (gallon)	total	0	0	0	0	0.0	0	60	0	0	0	3

Meat Biscuits (Dozen)		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)
Smoked Sausage	each	280	140	16	6	0	30	510	24	0	1	10
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	260	110	12	4	0	15	590	30	3	1	9
Eggs n' Meat (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)
Egg, Ham n' Cheese Casserole	total	2370	1290	143	77	2	2275	4730	84	12	31	188
	per serving	390	210	24	13	0	380	790	14	2	5	31
Egg Sandwich	each	370	120	14	4	0	385	320	44	3	7	20
	total	1320	770	86	28	0	3465	1340	15	4	5	122
Scrambled Eggs	total	220	130	14	5	0	575	220	3	less than 1	less than 1	20
	per serving	70	50	6	2	0	15	150	0	0	0	5
Thick Sliced Bacon: 18 slices	each	120	90	10	4	0	30	200	less than 1	0	0	7
Smoked Sausage Patties: 12 patties	each	50	25	3	1	0	30	230	less than 1	0	0	7
Turkey Sausage: 12 patties	each	180	0	7	3	0	55	1180	4	less than 1	2	24
Sugar Cured Ham: 6 slices	each	270	120	13	5	0	95	1680	6	1	0	33
Country Ham: 6 slices	each											
Fresh Favorites n' Griddle Classics (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)
Yogurt n' Granola: low-fat vanilla yogurt with honey oats, almonds, and dried fruit granola	low-fat vanilla yogurt (total)	820	70	7	4.5	0	35	400	162	0	139	25
	per serving	140	10	1	1	0	5	70	27	0	23	4
	Granola (total)	1020	350	39	5	0	0	105	149	16	64	23
	per serving	170	60	7	1	0	0	20	25	3	11	4
Create your own Oatmeal Bar: Apple n' Cinnamon Oatmeal	total	1140	180	20	6	1	20	960	212	20	51	30
	per serving	190	30	4	1	0	less than 5	160	36	3	9	5
comes with choice of toppings	Fuji Apple Topping (total)	400	0	0	0	0	0	280	102	10	90	0
	per serving	70	0	0	0	0	0	50	17	2	15	0
	Pecans (total)	390	370	41	4	0	0	0	8	5	2	5
	per serving	70	60	7	1	0	0	0	1	less than 1	less than 1	less than 1
	Reduced-fat Milk (carton)	130	45	5	3	0	20	130	12	0	12	8
	per serving	20	10	1	1	0	less than 5	20	2	0	2	1
Fresh Apple Slices	total	430	0	0	0	0	0	0	113	17	84	3
	per serving	70	0	0	0	0	0	0	19	3	14	less than 1
Fresh Seasonal Fruit	total	500	10	1	0	0	0	0	63	12	43	4
	per serving	80	0	0	0	0	0	0	10	1	7	less than 1
Sliced Tomatoes	total	15	0	0	0	0	0	0	3	1	2	less than 1
	each	0	0	0	0	0	0	0	0	0	0	0
Dozen Buttermilk Pancakes	each	210	50	6	1	0	5	670	36	2	3	4
Dozen Slices of French Toast	each	190	70	8	2	0	85	170	22	1	3	6
Everyday Extras (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)
Signature Homemade Biscuits and Sawmill Gravy	Biscuit (each)	160	50	6	2	0	0	310	23	less than 1	1	3
	Sawmill Gravy (total)	1280	750	83	33	1	90	2600	95	4	35	37
	per serving	210	130	14	6	0	15	430	16	1	6	6
Cinnamon Drop Biscuits: 6 biscuits	each	310	120	13	7	0	15	370	45	2	25	4
Wild Maine Blueberry Muffins: 6 muffins	total	140	50	5	1	0	30	150	21	1	12	2
	per serving	1150	450	50	19	0	65	2110	146	15	3	31
Hashbrown Casserole: quart	total	190	70	8	3	0	10	350	24	2	0	5
	per serving	1030	120	13	4.5	0	less than 5	260	222	33	156	3
Fried Apples: quart	total	170	20	2	1	0	0	45	37	6	26	less than 1
	per serving											

Everyday Extras (Serves 6) (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)
Coarse Ground Grits: quart	total	650	160	17	2.5	0	0	1010	111	2	less than 1	12
	per serving	110	25	3	0	0	0	170	18	0	0	2
Sawmill Gravy: quart	total	1280	750	83	33	1	90	2600	95	4	35	37
	per serving	210	120	14	6	0	15	430	16	less than 1	6	6
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	5380	2880	320	130	0	1820	11360	323	87	51	298
	per serving	900	480	53	22	0	300	1890	54	15	9	50
Grilled Chicken Tenderloin Salad	total	3790	1870	208	98	0	1900	8000	174	31	75	304
	per serving	630	310	35	16	0	320	1330	29	5	13	51
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	2050	1440	160	24	2.5	0	3410	151	3	144	2
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 17 and 18) for nutritional information												
Chicken Fried Chicken: 6 each	each	510	300	34	4	0	60	1010	17	2	0	35
	total	480	280	31	12	0	35	970	36	2	13	14
	per serving	80	50	5	2	0	10	160	6	0	2	2
Country Fried Steak: 6 each	each	520	210	23	5	0	60	1250	44	1	0	35
	total	480	280	31	12	0	35	970	36	2	13	14
	per serving	80	50	5	2	0	10	160	6	0	2	2
Country Ham: 6 slices	each	270	120	13	5	0	95	1680	6	1	0	33
Fried Catfish: 6 each	each	240	60	7	2	0	50	540	15	less than 1	0	10
	Hushpuppies: 12 each	each	50	20	3	0	0	115	7	0	less than 1	less than 1
	Tartar Sauce: 1 pint	total	1680	1550	172	26	3	70	1260	30	less than 1	28
Fried Chicken Tenderloins: 24 each	each	100	50	6	2	0	15	280	7	3	0	6
Grilled Chicken Tenderloins: 24 each	each	40	10	1	0	0	15	140	1	0	1	6
	total	1830	340	38	13	1	460	6270	212	17	3	170
	per serving	300	60	6	2	0	75	1040	35	3	0	28
Homestyle Chicken (Sunday Only)	total	4040	2470	275	56	0	540	9620	195	17	5	199
	per serving	670	410	46	9	0	90	1600	32	3	less than 1	33
Meatloaf: 6 slices	each	520	310	35	14	0	140	930	17	2	5	35
Mushroom, Onion n' Swiss Chopped Steak	total	3940	2720	304	125	1	705	5050	67	10	21	243
	per serving	660	450	51	21	0	120	840	11	2	4	41
	total	2880	1560	173	71	6	795	4680	63	0	0	268
Roast Beef	per serving	480	260	29	12	1	135	780	10	0	0	45
	total	970	140	16	5	1	525	2540	26	11	6	183
Smoky Southern Grilled Chicken Breast: with steamed broccoli	per serving	160	25	3	1	0	85	420	4	2	1	30
	each	180	60	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	1270	820	91	10	1	0	840	147	17	114	13
	per serving	210	140	15	2	0	0	140	24	3	19	2
Boiled Cabbage: quart (Sunday and Monday only)	total	380	200	22	8	0	30	1990	36	16	11	10
	per serving	60	30	3.5	2	0	5	330	6	3	2	2
Cole Slaw: quart	total	1340	1030	114	18	1.5	110	910	76	less than 1	73	2
	per serving	220	170	19	3	0	20	150	13	0	12	0
Cornbread Dressing: quart (Monday and Thursday only)	total	1570	800	89	18	0	115	4780	165	27	18	26
	per serving	270	140	15	3	0	20	810	28	5	3	4
Country Green Beans: quart	total	420	180	20	8	0	55	2300	49	21	8	10
	per serving	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 serving	140	35	3.5	1	0	0	630	24	2	0	3
Fried Apples: quart	total	1030	120	13	4.5	0	less than 5	260	222	33	156	3
	per serving	170	20	2.00	1	0	0	45	37	6	26	less than 1
Hashbrown Casserole: quart	total	1150	450	50	19	0	65	2110	146	15	3	31
	per serving	190	70	8	3	0	10	350	24	2	0	5
Lima Beans: quart (Tuesday, Friday and Saturday only)	total	2190	1030	114	26	0	215	2380	214	55	0	75
	per serving	360	170	19	4.5	0	35	400	36	9	0	13
Macaroni n Cheese: quart	total	1620	850	94	36	1	145	4220	136	10	20	58
	per serving	270	140	16	6	0	25	700	23	2	3	10
Mashed Potatoes: quart	total	980	420	47	9	0	30	850	123	13	3	16
	per serving	160	70	8	1.5	0	5	140	20	2	1	3
Mashed Potatoes with Brown Gravy: quart	total	1200	530	59	11	0	30	2570	144	18	5	23
	per serving	200	90	10	3	0	10	220	23	2	2	4
Mashed Potatoes with Sawmill Gravy: quart	total	1460	700	78	21	0	65	1830	158	14	18	30
	per serving	240	120	13	3.5	0	10	300	26	2	3	5
Mixed Green Salad: quart	total	160	15	2	0	0	0	65	32	16	16	11
	per serving	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 serving	180	25	3	1	0	15	330	26	8	0	13
Steamed Broccoli: quart	total	180	5	1	0	0	0	55	27	17	4	16
	per serving	30	0	0	0	0	0	10	5	3	less than 1	3
Sweet Potato Casserole: quart (Thursday only)	total	1400	250	28	4.5	0	0	640	273	17	213	15
	per serving	230	40	5	1	0	0	105	46	3	36	2
Sweet Whole Baby Carrots: quart	total	470	45	5	1	0	70	750	98	18	54	8
	per serving	80	5	1	0	0	10	125	16	3	9	1
Turnip Greens: quart	total	570	190	21	8	0	95	2210	35	22	0	61
	per serving	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 serving	190	70	8	2	0	15	90	27	3	less than 1	3
Loaded Baked Potato Bar:												
Plain Baked Potato	each	310	0	0	0	0	0	45	68	7	3	8
	total	340	250	27	17	0	80	510	2	0	0	20
Shredded Colby Cheese	per serving	60	40	5	3	0	10	90	0	0	0	3
	total	430	330	37	14	0	100	1520	less than 1	0	less than 1	27
Bacon Pieces	per serving	70	60	6	2	0	20	250	less than 1	0	less than 1	5
	total	60	45	5	4	0	20	15	less than 1	0	less than 1	less than 1
Sour Cream	each	60	45	5	4	0	20	15	less than 1	0	less than 1	less than 1
Butter Cup	each	35	35	4	3	0	10	30	0	0	0	0

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)
Cornbread Dressing: pan (Monday and Thursday only)	total	5030	2570	286	58	1.5	375	15300	528	87	56	84
	per serving	420	210	24	5	0	30	1270	44	7	5	7
Fried Apples: pan	total	2840	260	29	6	2	0	550	641	50	474	5
	per serving	240	20	3	0	0	0	45	53	4	39	0
Hashbrown Casserole: pan	total	2690	1040	116	45	0.5	155	4920	340	35	6	73
	per serving	220	90	10	4	0	15	410	28	3	less than 1	6
Macaroni n' Cheese: pan	total	4060	2120	236	90	2.5	355	10550	340	25	49	144
	per serving	340	180	20	8	0	30	880	28	2	4	12
Brussels Sprouts n' Kale Salad: pan	total	3550	2300	255	28	3	0	2340	411	48	321	38
	per serving	300	190	21	3	0	0	200	34	4	27	3
Cole Slaw: pan	total	2860	2200	244	38	4	235	1940	161	3	157	4
	per serving	240	180	20	3	0	20	160	13	0	13	0
Dumplings: pan	total	2420	580	65	21	1	15	11000	423	35	6	55
	per serving	200	50	5	2	0	0	920	35	3	0	5
Steamed Broccoli: pan	total	360	10	2	0	0	0	110	53	34	8	33
	per serving	30	0	0	0	0	0	10	4	3	less than 1	3
Mashed Potatoes with Brown Gravy: pan	total	3460	1530	170	32	0	95	7090	417	52	15	66
	per serving	290	130	14	3	0	10	590	35	4	1	6
Mashed Potatoes with Sawmill Gravy: pan	total	4150	1990	221	59	1	185	5090	455	42	48	83
	per serving	350	170	18	5	0	15	420	38	3	4	7
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	per slice	110	20	2	0	0	0	85	21	1	3	3
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	30	5	1	0	0	0	0	5	4	0	1
Premium Decaf Coffee: 96oz	total	30	5	0.5	0	0	0	0	5	4	0	less than 1
Unsweetened Freshly Brewed Iced Tea: gallon	total	0	0	0	0	0	0	0	0	0	0	0
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
	per serving	680	240	27	10	0	40	270	103	3	84	6
Blackberry Fruit Cobbler	total	4080	460	51	19	0	100	2410	839	46	496	68
	per serving	340	40	4	1.5	0	10	200	70	4	41	6
Peach Fruit Cobbler	total	4450	1430	159	56	0	100	2680	721	22	444	33
	per serving	370	120	13	4.5	0	10	220	60	2	37	3
Homestyle Cookies: 6 oatmeal raisin; 6 chocolate chip	total	2800	1020	113	66	3	355	1220	404	22	255	35
Homestyle Cookies: 12 oatmeal raisin	each	230	70	8	4.5	0	30	85	37	2	23	3
Homestyle Cookies: 12 chocolate chip	each	240	100	11	6	0	30	120	30	1	19	3

Seasonal Offerings

Seasonal Offerings: Available 8/27/18 - 10/14/18												
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)	
Biscuit French Toast with Sweet Blackberry Topping Breakfast: Two split biscuits with powdered sugar, blackberry topping and two eggs	640	250	28	9	0	490	850	72	2	24	24	
plus choice of	Turkey Sausage Patty: one patty	50	25	3	1	30	230	less than 1	0	0	7	
	Smoked Sausage Patty: one patty	120	90	10	4	30	200	less than 1	0	0	7	
	Thick-Sliced Bacon: two slices	140	100	11	4	30	310	0	0	0	9	
	Link Sausage: two links (regional)	140	100	11	3.5	0	35	310	less than 1	0	1	9
Biscuit French Toast with Sweet Blackberry Topping (French Toast Only): Two split biscuits with powdered sugar, blackberry topping	480	170	18	6	0	105	700	69	1	23	10	
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	
plus choice of	Sugar Cured Ham	90	30	3.5	1	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	45	37	6	26	less than 1	
	Hashbrown Casserole	190	70	8	3	0	10	350	24	2	0	5
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)	
Parmesan Crusted Biscuit Pot Pie:	930	500	56	23	0	95	2490	84	2	6	24	
Fancy Fixin's Roast Beef	480	260	29	12	1	130	780	10	0	0	45	
plus choice of three Sides	See (page 9 for nutrition information)											
plus Biscuits or Corn Muffins	See (page 10 for nutrition information)											
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	less than 1	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)	
Pumpkin Latte: with whipped cream	iced	220	60	6	4	0	25	80	33	less than 1	30	5
	hot	230	70	8	5	0	30	115	32	less than 1	29	7
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)	
Biscuit Beignets: with cinnamon sugar and powdered sugar	520	230	26	13	0	0	1210	65	2	15	7	
plus Butter Pecan Sauce	210	60	7	4.5	0	20	70	37	less than 1	36	0	