



NUTRITIONAL FACTS & FIGURES

cracker-barrel-menu-prices.com

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"Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy Breakfast," "Momma's French Toast Breakfast," "Momma's Pancake Breakfast," and "Cracker Barrel," are service marks/trademarks of CBOCS Properties, Inc. ©2024 CBOCS Properties, Inc. The Coca-Cola® trademark is being used with the permission of the Coca-Cola Company.

BREAKFAST													
Cracker Barrel Classics			Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Old Timer's Breakfast: two eggs			150	90	10	3	0	385	150	2	0	1	14
	with choice of	Thick-Sliced Bacon: three slices	190	140	16	6	0	45	560	0	0	0	13
		Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	0	14
plus choice of		One Breakfast Side	See page 4 for nutritional information										
plus		Biscuits n' Gravy	500	15	27	8	0	20	1080	53	2	4	13
Grandpa's Country Fried Breakfast®: two eggs			150	90	10	3	0	385	150	2	0	1	14
	with choice of	Country Fried Steak with Sawmill Gravy	600	210	28	7	0	65	1420	49	1	less than 1	37
		Homestyle Chicken with Sawmill Gravy	610	270	34	7	0	105	1540	37	2	2	38
plus choice of		One Breakfast Side	See page 4 for nutritional information										
plus		Biscuits n' Gravy	500	15	27	8	0	20	1080	53	2	4	13
The Cracker Barrel's Country Boy Breakfast®: three eggs			210	200	22	4.5	0	475	210	2	less than 1	1	19
	with choice of	Sirloin Steak Tips	300	200	22	10	0	65	950	1	less than 1	0	26
		Sugar Cured Ham	450	240	27	7	0	130	2450	0	0	0	45
	plus choice of	Country Ham	370	170	19	6	0	185	4220	2	0	1	49
		Two Breakfast Sides	See page 4 for nutritional information										
plus		Biscuits n' Gravy	500	15	27	8	0	20	1080	53	2	4	13
Build Your Own Homestyle Breakfast : two eggs			150	90	10	3	0	385	150	2	0	1	14
with choice of		One Breakfast Side	See page 4 for nutritional information										
plus		Biscuits n' Gravy	500	15	27	8	0	20	1080	53	2	4	13
	choice of Meats	Thick-Sliced Bacon: three slices	190	140	16	6	0	45	560	0	0	0	13
		Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	0	14
		Meat Sampling with Sugar Cured Ham	270	45	19	7	0	75	970	1	0	0	22
		Meat Sampling with Country Ham	280	90	20	7	0	90	1440	2	0	less than 1	23
	Premium Meats	Homestyle Chicken	530	260	29	6	0	100	1370	32	2	0	36
		Grilled Chicken Tenders	160	40	4	1	0	85	360	3	0	2	28
		Hamburger Steak seasoned with garlic butter	480	290	37	16	0	95	230	3	less than 1	0	33
		Sirloin Steak Tips	300	200	22	10	0	65	630	less than 1	0	0	26
		Country Fried Steak with Sawmill Gravy	600	210	28	7	0	65	1420	49	1	less than 1	37
		Spicy Chicken Sausage	220	140	15	3.5	0	105	740	2	0	0	20
		Impossible™ Sausage Made from Plants	210	130	14	5	0	0	630	9	1	less than 1	12
		Sugar Cured Ham	180	70	2.5	0	65	65	1170	0	0	0	22
		Country Ham	190	80	9	3	0	95	2110	1	0	less than 1	25
		U.S. Farm-Raised Catfish Fillet: grilled	170	60	11	2.5	0	50	420	2	less than 1	0	17
		U.S. Farm-Raised Catfish Fillet: fried	400	160	32	7	0	60	580	9	1	3	18

Hot off the Griddle		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 Pancake Breakfast: two pancakes with butter and two eggs		750	90	47	17	0	395	1700	61	4	8	19
	with choice of	Meat Sampling with Sugar Cured Ham	270	45	19	7	0	75	970	1	0	22
		Meat Sampling with Country Ham	280	90	20	7	0	90	1440	2	0	less than 1
plus choice of One Breakfast Side		See page 4 for nutritional information										
Grandma's Sampler French Toast Breakfast: french toast with butter and two eggs		630	90	34	15	0	535	560	59	3	22	26
	with choice of	Meat Sampling with Sugar Cured Ham	270	45	19	7	0	75	970	1	0	22
		Meat Sampling with Country Ham	280	90	20	7	0	90	1440	2	0	less than 1
plus choice of One Breakfast Side		See page 4 for nutritional information										
Momma's Pancake Breakfast: three pancakes with butter and two eggs		960	90	57	19	0.5	405	2360	89	6	11	22
	with choice of	Thick-Sliced Bacon: three slices	190	140	16	6	0	45	560	0	0	13
		Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	14
Momma's French Toast Breakfast: french toast with butter and two eggs		1070	90	53	19	0.5	695	960	114	5	41	38
	with choice of	Thick-Sliced Bacon: three slices	190	140	16	6	0	45	560	0	0	13
		Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	14
Fried Apple French Toast Bake: french toast bake, fried apples, brown sugar streusel, and butter pecan syrup		1190	330	48	26	1	225	920	176	5	127	17
Stuffed Cheesecake Pancake Breakfast: two eggs, two pancakes, cream cheese filling, seasonal fruit, powdered sugar, and strawberry syrup		1290	360	65	27	1.5	525	1910	138	6	74	27
	plus choice of	Thick-Sliced Bacon: three slices	190	140	16	6	0	45	560	0	0	13
		Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	14
Upgrades: For Momma's and Grandma'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)
Blueberry Topping for Pancakes		30	0	0	0	0	0	0	8	1	6	0
Pecan Topping for Pancakes		390	370	41	3.5	0	50	0	8	5	2	5
Country Peaches		310	80	9	3	0	15	70	58	1	51	6
Cinnamon Spiced Apples		440	45	15	8	0	30	100	77	3	67	less than 1
Fresh Strawberries		25	0	0	0	0	0	0	7	2	4	less than 1
Syrups		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		110	0	0	0	0	0	0	29	0	27	0
Strawberry Syrup		180	0	0	0	0	0	15	44	0	40	0
Blueberry Syrup		120	27	3	1.5	0	10	75	24	0	22	less than 1
Sugar Free Syrup		10	0	0	0	0	0	70	4	0	0	0

Hearty Country Mornings		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)
New York Strip Steak N' Eggs: New York Strip Steak with buttery garlic sauce		470	90	19	6	0	120	4,900	2	less than 1	0	67
Comes with Two Eggs		150	90	10	3	0	385	150	2	0	1	14
plus choice of One Breakfast Side		See page 4 for nutritional information										
Biscuit Benny: buttermilk biscuit cut in half topped with choice of breakfast meat, over-easy egg, Hollandaise Sauce, and tomato green onion blend												
with choice of	Thick-sliced Bacon	700	420	52	24	1	430	1500	28	2	4	31
	Smoked Sausage	740	280	56	25	1	445	1330	29	2	4	31
	Impossible™ Sausage Made From Plants	710	400	50	23	1	385	1570	36	4	4	30
	Sugar Ham	590	280	40	19	1	420	1540	27	2	4	29
	Country Ham	600	320	42	19	1	435	2000	28	2	4	30
plus choice of Two Breakfast Sides		See page 4 for nutritional information										
Hashbrown Casserole Breakfasts:												
Bacon n' Egg Hashbrown Casserole: Hashbrown Casserole, Scrambled Eggs, Bacon, Cheese, Fried Onions, Green Onions, and Diced Tomatoes		880	240	52	20	0	415	2680	59	4	4	44
Steak n' Egg Hashbrown Casserole: Hashbrown Casserole, Scrambled Eggs, Sirloin Steak Tips, Cheese, Fried Onions, Green Onions, and Diced Tomatoes		1030	250	62	25	0	435	3060	59	4	3	57
plus Biscuits: each		160	50	6	2	0	0	310	23	less than 1	1	3
Homestyle Chicken n' French Toast: Homestyle Chicken, French Toast, Powdered Sugar, and Whipped Butter		1260	260	64	20	0	385	1990	120	6	35	54
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)
Sunrise Pancake Special: two pancakes with butter		530	210	23	10	0	45	1840	74	0	6	6
with choice of	Two Eggs	150	90	10	3	0	385	150	2	0	1	14
	Thick-Sliced Bacon: three slices	190	140	16	6	0	45	560	0	0	0	13
	Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	0	14
	Egg Sandwich: two eggs, sourdough bread, tomato, Duke's Mayonnaise	470	220	26	5	0	395	400	44	3	7	20
Available with choice of meat	Thick-Sliced Bacon: two slices	130	90	10	4	0	30	370	0	0	0	9
	Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	0	14
	Sugar Cured Ham	90	40	4	1.5	0	35	590	0	0	0	11
	Country Ham Sampler	90	45	4.5	1.5	0	45	1050	less than 1	0	0	12
	Impossible™ Sausage Made from Plants	210	130	14	5	0	0	630	9	1	less than 1	12
	Spicy Chicken Sausage	220	140	15	3.5	0	105	740	2	0	0	20
plus choice of One Breakfast Side		See page 4 for nutritional information										
Biscuits n' Gravy with Bacon or Sausage: three biscuits and sawmill gravy												
	Thick-Sliced Bacon: three slices	190	140	16	6	0	45	560	0	0	0	13
	Smoked Sausage Patties: two patties	240	180	20	8	0	60	400	2	0	0	14
Biscuit Breakfast:												
your choice of two	Thick-sliced Bacon Biscuit	270	100	16	6	0	30	660	20	less than 1	2	12
	Smoked Sausage Biscuit	310	190	21	6	0	30	530	21	1	2	10
	Sugar Cured Ham Biscuit	230	80	9	3	0	35	870	20	less than 1	2	14
	Country Ham Biscuit	230	45	10	3.5	0	50	1340	20	less than 1	2	15
	Impossible™ Sausage Made From Plants Biscuit	250	70	13	4.5	0	0	600	24	2	2	9
Available with American Cheese: two slices		140	100	12	7	0	40	590	1	0	1	7
plus choice of One Breakfast Side		See page 4 for nutritional information										

Barrel Bites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Biscuit Beignets		480	240	26	9	0	0	920	54	4	10	7
	plus Butter Pecan Sauce	210	60	7	4.5	0	20	70	37	less than 1	36	0
Loaded Hashbrown Casserole Tots		590	330	38	11	0	45	1740	48	less than 1	2	17
	plus Buttermilk Ranch	200	200	22	3	0	20	490	2	0	2	0
Breakfast Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Hashbrown Casserole		140	15	8	2	0	4	560	16	1	less than 1	3
Fried Apples		210	45	5	1.5	0	0	35	41	3	35	23
Tomato Slices		10	0	0	0	0	0	0	2	less than 1	1	0
Coarse Ground Grits		70	0	0	0	0	0	260	15	0	0	1
Premium Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Two Buttermilk Pancakes: with one scoop whipped butter		600	340	38	14	0	65	1550	59	4	7	6
Hashbrown Casserole Tots		280	150	17	4.5	0	10	800	28	less than 1	1	5
Loaded Hashbrown Casserole		300	15	21	9	0	40	940	16	1	1	12
Fresh Fruit		60	0	0	0	0	0	0	15	2	11	less than 1
Meats		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Thick-Sliced Bacon: three slices		190	140	16	6	0	45	560	0	0	0	13
Smoked Sausage Patties: two patties		240	180	20	8	0	60	400	2	0	0	14
Spicy Chicken Sausage: two links		220	130	15	3.5	0	105	760	2	0	0	21
Impossible™ Sausage: two patties		210	130	14	5	0	0	630	9	1	less than 1	12
Sugar Cured Ham		180	70	2.5	0	65	65	1170	0	0	0	22
Country Ham		190	80	9	3	0	95	2110	1	0	less than 1	25
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)
Egg Whites: 2 each		60	0	0	0	0	0	230	2	0	2	11
Colby Cheese Shreds (for eggs): 1 oz.		110	80	9	6	0	25	170	1	0	0	7
Sawmill Gravy: 6 oz.		230	10	16	4	0	15	510	14	0	0	7
Sawmill Gravy: 10 oz.		380	20	26	7	0	25	850	24	less than 1	0	11
Biscuit: each		140	0	6	2	0	0	290	20	less than 1	2	3
Multigrain Toast: one slice		100	20	1.5	0	0	0	105	18	2	3	3
Real Butter: each		35	35	4	2.5	0	10	30	0	0	0	0
Best Preserves n' Jam: each		35	0	0	0	0	0	0	9	0	7	0
Country Apple Butter: 2 oz.		100	0	0	0	0	0	10	24	less than 1	20	0

LUNCH - DINNER												
Daily 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)
All Daily Specials come with your choice of Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
Monday	Chicken n' Rice	510	180	20	8	0	90	1900	56	0	2	24
Tuesday	Country Fried Pork Chops	1040	650	72	17	0	140	2400	43	3	2	53
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing											
Comes with	Turkey n' Gravy	230	70	8	2.5	0	85	2180	12	less than 1	3	29
	Cranberry Sauce: (1 oz.)	45	0	0	0	0	0	0	11	0	9	0
	Cornbread Dressing	310	160	18	3.5	0	25	960	33	5	4	5
	Sweet Potato Casserole	240	40	8	1.5	0	0	100	41	4	19	2
Friday												
Fish Fry: four cod fillets with Tartar Sauce		740	350	39	7	0	165	1770	60	3	3	37
Saturday	Southern BBQ Ribs	770	450	51	18	0	160	1330	46	less than 1	43	35
Sunday	Chicken Pot Pie	960	500	55	29	0	105	2740	82	7	4	35
Cracker Barrel Favorites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Cracker Barrel Favorites come with your choice of two or three sides (see page 8 for nutritional information) and your choice of Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
Country Fried Steak: with sawmill gravy		600	210	28	7	0	65	1420	49	1	less than 1	37
Meatloaf		450	260	29	11	1.5	190	1280	14	1	6	32
Pot Roast		520	150	19	6	0.5	230	630	14	2	5	74
Hashbrown Casserole Shephard's Pie		1590	280	95	35	2.5	255	2270	102	13	12	82
Chicken n' Dumplins		360	80	8	2.5	0	30	1720	53	6	2	19
Chicken Fried Chicken: Homestyle Chicken Breasts with sawmill gravy		1140	570	60	14	0.4	205	2910	70	5	4	74
Chicken Tenders: 6 tenders												
your choice of plus	Grilled Chicken Tenders	320	60	8	1.5	0	165	730	6	less than 1	5	57
	Hand-breaded Fried Chicken Tenders	600	270	30	6	0	170	2140	26	4	0	57
	Dill Pickle Ranch	260	250	28	4.5	0	20	260	3	0	1	1
U.S. Farm-Raised Catfish: 2 fillets												
your choice of	Spicy Grilled	260	120	15	3.5	0	100	730	3	1	0	33
	Fried: with hushpuppies and tartar sauce	810	390	57	12	0	115	1390	35	4	5	38

Cracker Barrel Samplers		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Comes with your choice of two Country Sides (see page 8) and Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
Cracker Barrel Classics Sampler (two or three entrees)												
your choice of	Meatloaf	520	310	35	14	0	140	930	17	3	5	35
	Homestyle Chicken	1060	520	58	12	0	200	2740	64	4	2	71
	Chicken n' Dumplins	450	80	9	2.5	0	100	1680	52	6	1	40
New York Strip Steak N' Shrimp Combo												
comes with	New York Strip Steak: seasoned with garlic butter	470	90	19	6	0	120	4,900	2	less than 1	0	67
	Country Fried Shrimp: with hushpuppy and cocktail sauce	370	150	16	4	0	80	1440	40	8	7	15
New York Strip Steak N' Chicken Combo												
comes with	New York Strip Steak: seasoned with garlic butter	470	90	19	6	0	120	4,900	2	less than 1	0	67
plus choice of	Hand-breaded Chicken Tenders: half portion	300	130	15	3	0	85	1070	13	2	0	29
	Smoky Southern Grilled Chicken Breast	290	35	18	3.5	0	80	720	3	0	0	28
Signature Fried Chicken		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Comes with your choice of Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
Southern Fried Chicken		1640	900	100	23	0	475	4730	78	9	0	108
plus choice of	two Country Sides	See page 8 for nutritional information										
Homestyle Chicken		1060	520	58	12	0	200	2740	64	4	2	71
plus choice of	two Country Sides	See page 8 for nutritional information										
Early Dinner Deals		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)
Early Dinner Deals come with your choice of one or two sides (see page 8 for nutritional information) and your choice of Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
Chicken n' Dumplins		360	80	8	2.5	0	30	1720	53	6	2	19
Meatloaf		220	130	14	5	1	95	640	7	less than 1	3	16
Homestyle Chicken		530	260	29	6	0	100	1370	32	2	0	36
Smoky Southern Grilled Chicken		190	35	6	1.5	0	80	640	3	0	0	29
Steak Tips Dinner		300	200	22	10	0	65	950	1	less than 1	0	26

Home Cooked Classics		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Home Cooked Classics come with your choice of Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
Smoky Southern Grilled Chicken		380	70	12	3.5	0	165	1280	7	0	0	58
Maple Bacon Grilled Chicken		720	260	33	11	0	210	2030	35	0	25	70
Hamburger Steak: seasoned with buttery garlic sauce		480	290	37	16	0	95	230	3	less than 1	0	33
Available with	Smothered with Sautéed Onions and Gravy	100	60	7	1.5	0	less than 5	270	8	1	3	less than 1
Country Vegetable Plate	Choose four Country Sides	See page 8 for nutritional information										
Southern Suppers		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Southern Suppers come with your choice of Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
New York Strip Steak: seasoned with garlic butter		470	90	19	6	0	120	4,900	2	less than 1	0	67
plus choice of two Country Sides		See page 8 for nutritional information										
Lemon Pepper Grilled Rainbow Trout: 2 fillets		410	130	26	6	0	125	360	2	2	less than 1	39
plus choice of two Country Sides		See page 8 for nutritional information										
Country Fried Shrimp: with hushpuppies and cocktail sauce		720	300	33	8	0	145	2950	78	17	11	28
plus choice of two Country Sides		See page 8 for nutritional information										
Add these items below with any Southern Supper												
Country Fried Shrimp: half portion		380	150	16	4	0	80	1860	43	9	10	15
Hand-breaded Chicken Tenders: half portion		300	130	15	3	0	85	1070	13	2	0	29
Grilled Chicken Tenders: half portion		160	40	4	1	0	85	360	3	0	2	28
Sirloin Steak Tips		300	200	22	10	0	65	950	1	less than 1	0	26

Vegetables n' Sides		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Country Sides</i>												
Applesauce (Kid's Menu)		50	0	0	0	0	0	0	13	1	7	0
Breaded Fried Okra		250	80	9	0	0	10	520	38	2	2	3
Coarse Ground Grits		70	0	0	0	0	0	260	15	0	0	1
Cole Slaw		230	190	20	3	0	15	270	10	0	10	0
Cornbread Dressing (served with Turkey n' Dressing)		310	160	18	3.5	0	25	960	33	5	4	5
Country Green Beans		80	45	5	1.5	0	less than 5	130	8	3	3	2
Dumplings		240	50	6	1.5	0	0	1190	41	5	1	6
Steamed Broccoli		35	0	0	0	0	0	180	6	2	2	2
Fried Apples		210	45	5	1.5	0	0	35	41	3	35	23
Hashbrown Casserole		140	15	8	2	0	4	560	16	1	less than 1	3
Macaroni n' Cheese		260	200	22	8	0	40	610	8	0	2	9
Mashed Potatoes		220	0	11	2	0	0	320	28	2	1	3
plus choice of	Turkey Gravy	15	0	0.5	0	0	0	270	2	0	0	less than 1
	Brown Gravy	15	0	1	0	0	0	110	1	0	0	0
	Sawmill Gravy	40	0	2.5	0.5	0	less than 5	85	2	0	0	1
Pinto Beans		170	10	2	0.5	0	10	490	27	7	less than 1	12
Steak Fries		380	150	17	5	0	0	230	53	16	less than 1	5
Sweet Potato Casserole (served with Turkey n' Dressing)		240	40	8	1.5	0	0	100	41	4	19	2
Sweet Whole Baby Carrots		110	0	5	1	0	0	115	18	3	13	0
Turnip Greens		80	0	3	1	0	20	310	6	2	1	7
Whole Kernel Corn		170	0	13	2	0	0	110	16	2	7	2
<i>Premium Sides</i>												
Loaded Mashed Potatoes		310	70	19	5	0	25	630	28	3	1	10
Loaded Baked Sweet Potato		570	240	27	15	0	60	280	79	8	41	6
Loaded Baked Potato		580	80	30	17	0	90	480	64	6	6	15
Hashbrown Casserole Tots		280	150	17	4.5	0	10	800	28	less than 1	1	5
Bacon Macaroni n' Cheese		280	150	17	4.5	0	10	800	28	less than 1	1	5
Loaded Hashbrown Casserole		300	15	21	9	0	40	940	16	1	1	12
Two Buttermilk Pancakes: with one scoop whipped butter		600	340	38	14	0	65	1550	59	4	7	6
Fresh Fruit		60	0	0	0	0	0	0	15	2	11	less than 1
Bowl of Pinto Beans		710	35	5	1.5	0	35	1930	132	20	41	37
Bowl of Turnip Greens		180	10	7	2.5	0	75	620	12	4	2	15
Beans n' Greens		570	20	8	2.5	0	65	1620	100	13	41	29

Barrel Bites		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Country Fried Pickles		880	510	56	9	0	0	3440	84	5	1	9
	plus Buttermilk Ranch	200	200	22	3	0	20	490	2	0	2	0
White Cheddar Cheese Bites		570	350	39	21	1	90	1040	28	less than 1	4	27
	plus Buttermilk Ranch	200	200	22	3	0	20	490	2	0	2	0
Biscuit Beignets		480	240	26	9	0	0	920	54	4	10	7
	plus Butter Pecan Sauce	210	60	7	4.5	0	20	70	37	less than 1	36	0
Loaded Hashbrown Casserole Tots		590	330	38	11	0	45	1740	48	less than 1	2	17
	plus Buttermilk Ranch	200	200	22	3	0	20	490	2	0	2	0
Weekday Lunch Features		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Our Monday through Thursday Lunch Features come with your choice of one Country Side (see page 8 for nutritional information) and Biscuits or Cornbread and Real Butter (see page 11 for nutritional information)												
Monday-Friday	Chicken n' Dumplings	360	80	8	2.5	0	30	1720	53	6	2	19
Monday-Friday	Meatloaf	450	130	26	8	1	95	960	35	3	4	19
Wednesday	Broccoli Cheddar Chicken	690	390	44	14	0	160	940	35	5	1	40
Thursday	Turkey n' Dressing											
	Turkey n' Gravy	270	80	9	2.5	0	90	1220	10	1	1	37
	Cranberry Sauce: (1 oz.)	45	0	0	0	0	0	0	11	0	9	0
	Cornbread Dressing	310	160	18	3.5	0	25	960	33	5	4	5
	Sweet Potato Casserole	190	35	4	1	0	0	85	36	2	28	2
Monday-Friday: Pick 2 Combo												
	choice 1: House Salad	160	80	9	3	1.5	25	450	13	2	5	10
	Salad Dressing: 2 oz.						See page 10 for nutritional information					
	choice 2: Loaded Baked Potato	580	80	30	17	0	90	480	64	6	6	15
	choice 3: Loaded Baked Sweet Potato	570	240	27	15	0	60	280	79	8	41	6
	choice 4: Cup of Soup						See page 10 for nutritional information					
Country Salads		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Country Salads come with two complimentary packs of Crackers: (see page 11 for nutritional information)												
Homestyle Fried Chicken Salad		700	340	38	9	1.5	295	1620	45	5	5	46
Homestyle Grilled Chicken Salad		440	120	24	6	1.5	275	970	16	2	5	40
	plus choice of Salad Dressing: 2.5 oz.						See page 10 for nutritional information					
House Salad		160	80	9	3	1.5	25	450	13	2	5	10
	plus choice of Salad Dressing: 2 oz.						See page 10 for nutritional information					
Sandwich n' Burger Platters		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All Sandwiches and Burger Platters come with your choice of a Cup of Soup (see page 10 for nutritional information) or any Country Side (see page 8 for nutritional information)												
Homestyle Chicken BLT												
	your choice of Homestyle Chicken Breast	1130	380	65	14	0	150	2400	88	4	28	51
	Smoky Southern Grilled Chicken Breast	870	150	51	11	0	130	1750	60	2	27	44
The Barrel Cheeseburger		940	310	65	27	0	150	1230	40	2	9	50
	Available with Thick-Sliced Bacon: two slices	130	90	10	4	0	30	370	0	0	0	9

Hot Soups		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
All soups come with two complimentary packs of Crackers: (see page 11 for nutritional information)												
Beef n' Noodle	cup	190	10	10	3	0.5	35	690	13	less than 1	less than 1	12
	bowl	370	15	20	6	1.5	75	1380	27	1	2	24
Chicken Noodle	cup	120	10	5	1	0	25	1910	15	less than 1	2	3
	bowl	240	15	10	2.5	1	45	3830	30	1	4	7
Chili	cup	200	50	6	2	0	35	820	22	5	3	14
	bowl	400	100	12	4.5	0	75	1640	44	10	6	28
Potato	cup	110	10	4	1	0	less than 5	570	15	less than 1	3	3
	bowl	220	25	8	2	1	10	1140	30	2	6	7
Turkey Noodle	cup	130	5	5	1.5	0	35	1720	11	0	2	9
	bowl	250	10	10	3	1	65	3440	22	less than 1	4	18
Vegetable	cup	80	0	1	0	0	0	350	15	3	3	3
	bowl	150	5	1.5	0	0.5	0	690	30	5	7	6
Salad Dressing: 2.5 oz. (served with our Entrée Salads)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette		260	240	26	2.5	0	0	570	7	0	5	0
Blue Cheese Dressing		340	330	37	7	0	25	600	2	less than 1	1	3
Buttermilk Ranch		240	240	27	3.5	0	25	610	2	0	2	0
Dijon Honey Mustard		310	240	26	4.5	0	35	330	14	0	14	0
Dill Pickle Ranch		330	310	35	5	0	25	320	3	0	2	2
Salad Dressing: 2 oz. (served with House 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		210	190	21	2	0	0	450	6	0	4	0
Blue Cheese Dressing		280	260	29	6	0	20	480	2	0	1	2
Buttermilk Ranch		200	200	22	3	0	20	490	2	0	2	0
Dijon Honey Mustard		250	190	21	4	0	30	260	11	0	11	0
Dill Pickle Ranch		260	250	28	4.5	0	20	260	3	0	1	1

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		140	0	6	2	0	0	290	20	less than 1	2	3
Cornbread: each		190	20	11	2.5	0	25	470	19	2	3	3
Multigrain: one slice		100	20	1.5	0	0	0	105	18	2	3	3
Sourdough: one slice		110	20	2	0	0	0	85	21	1	3	3
White: one slice		70	10	1	0	0	0	140	14	0	1	2
Crackers: 2 packs		70	20	2	0	0	0	60	12	0	0	0
Toppings												
Real Butter: each		35	35	4	2.5	0	10	30	0	0	0	0
Best Preserves n' Jam: each		35	0	0	0	0	0	0	9	0	7	0
Bacon Pieces: 0.5 oz.		70	50	6	2	0	20	280	0	0	0	5
Colby Cheese Shreds: 1 oz.		110	80	9	6	0	25	170	1	0	0	7
Sour Cream: 1 oz.		60	45	5	3.5	0	20	15	less than 1	0	1	less than 1
Other												
Hushpuppies: each		50	20	2.5	0	0	0	115	7	0	less than 1	less than 1
Sauces												
BBQ: 2 oz.		110	0	0	0	0	0	460	28	0	27	0
Cocktail Sauce: 1 oz.		20	0	0	0	0	0	360	5	less than 1	4	0
Cranberry Sauce: 1 oz.		45	0	0	0	0	0	0	11	0	9	0
Chow Chow: 1 oz.		190	0	0	0	0	0	440	50	0	38	0
Tartar Sauce: 1 oz.		150	140	15	2.5	0	15	160	3	0	2	0
Kid's Breakfast Menu		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Mini Confetti Pancakes		390	140	16	2.5	0	15	1120	58	3	13	5
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	Thick-Sliced Bacon: two slices	130	90	10	4	0	30	370	0	0	0	9
Mini Pancakes		320	0	15	2.5	0	15	1000	41	3	5	4
	plus 100% Pure Natural Syrup	110	0	0	0	0	0	0	29	0	27	0
	Smoked Sausage Patty: one patty	120	90	10	4	0	30	200	less than 1	0	0	7
	Thick-Sliced Bacon: two slices	130	90	10	4	0	30	370	0	0	0	9
Egg n' Biscuit												
	One Buttermilk Biscuit	140	0	6	2	0	0	290	20	less than 1	2	3
	One Scrambled egg	70	40	4.5	1.5	0	160	70	less than 1	0	0	7
	plus Hashbrown Casserole	140	15	8	2	0	4	560	16	1	less than 1	3
Biscuit Breakfast Sandwich												
	Bacon n' Biscuit	270	100	16	6	0	30	660	20	less than 1	2	12
	Smoked Sausage n' Biscuit	310	190	21	6	0	30	530	21	1	2	10
	One Scrambled egg	70	40	4.5	1.5	0	160	70	less than 1	0	0	7
	plus Hashbrown Casserole	140	15	8	2	0	4	560	16	1	less than 1	3
Cereal: Fruity Cereal		460	30	3.5	0	0	0	750	105	0	49	3
	plus choice of milk	See page 12 for nutritional information										
Kid's Milk Straw		20	0	0	0	0	0	0	4	0	4	0

Kid's Lunch n' Dinner Menu		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Lil' Barrel Cheeseburgers: two mini cheeseburgers		490	230	32	16	0	95	560	18	0	2	31
	plus Steak Fries	380	150	17	5	0	0	230	53	16	less than 1	5
Grilled Cheese Sandwich		520	50	33	8	0	15	940	47	2	9	14
	plus Steak Fries	380	150	17	5	0	0	230	53	16	less than 1	5
Items below are served with choice of a Buttermilk Biscuit or Corn Muffin (see page 10 for nutritional information)												
Grilled Chicken Tenderloins: three tenders		160	40	4	1	0	85	360	3	0	2	28
Fried Chicken Tenderloins: three tenders		300	130	15	3	0	85	1070	13	2	0	29
	Dill Pickle Ranch	200	180	21	3.5	0	15	190	2	0	less than 1	less than 1
	plus choice of Cider BBQ Sauce	80	0	0	0	0	0	340	21	0	20	0
	Honey Mustard Sauce	180	140	16	3	0	20	200	9	0	9	0
Mmmm Mac n' Cheese		540	280	31	12	0	50	1410	45	3	6	19
Veggie Plate		choice of two Country Sides See (page 7) for nutritional information										
Crispy Rockin' Shrimp: fried shrimp, hushpuppy, cocktail sauce, and steak fries		740	300	33	9	0	80	1540	91	25	6	19
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% Premium Orange		130	0	0	0	0	0	20	32	less than 1	31	2
Apple		170	0	0	0	0	0	25	42	2	38	0
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		190	40	5	3	0	20	170	30	2	24	7
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
Peach Tea		210	0	0	0	0	0	30	51	0	51	0
Southern Half n' Half		100	0	0	0	0	0	5	24	0	15	1
Soft Drinks												
Diet Coke		0	0	0	0	0	0	50	0	0	0	0
Coca-Cola® Classic		210	10	1	0	0	0	15	51	0	49	0
Coca-Cola® Zero Sugar		0	0	0	0	0	0	55	0	0	0	0
Coca-Cola® Cherry		210	0	0	0	0	0	50	58	0	58	0
Mello Yello		170	0	0	0	0	0	45	47	0	47	0
Sprite		170	0	0	0	0	0	40	43	0	43	0
Seagram's Ginger Ale		120	0	0	0	0	0	25	32	0	32	0

Beverages		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Coffee		0	0	0	0	0	0	10	0	0	0	0
Crafted Coffee												
Plain Latte	Iced	110	35	3.5	2.5	0	15	110	10	0	0	7
	Hot	140	45	5	3	0	20	150	14	0	0	10
Vanilla Latte	Iced	280	20	6	4	0	25	80	50	0	39	5
	Hot	350	45	9	5	0	35	150	57	0	39	10
Caramel Latte	Iced	300	20	6	4	0	25	85	53	0	42	5
	Hot	370	45	9	5	0	35	160	60	0	42	10
Mocha	Iced	290	20	7	4	0	25	130	48	2	38	7
	Hot	360	45	9	5	0	35	200	55	2	38	12
Juices												
Apple		220	0	0	0	0	0	30	56	2	50	0
100% Premium Orange		180	0	0	0	0	0	30	43	1	41	2
Milks												
Skim		170	10	1	0.5	0	10	260	24	0	24	17
Reduced Fat		240	80	10	6	0	40	230	23	0	25	16
Whole		300	140	16	9	0	50	210	23	0	25	15
Chocolate		320	50	6	3	0	25	330	51	0	50	17
Hot Tea		0	0	0	0	0	0	0	0	0	0	0
Iced Tea												
Unsweet		0	0	0	0	0	0	0	less than 1	0	0	0
Sweet		160	0	0	0	0	0	15	41	0	41	0
Peach		220	0	0	0	0	0	35	55	0	55	0
Southern Half n' Half		210	0	0	0	0	0	25	51	0	36	less than 1
Soft Drinks												
Diet Coke		0	0	0	0	0	0	65	0	0	0	0
Coca-Cola® Classic		190	0	0	0	0	0	60	52	0	52	0
Coca-Cola® Zero Sugar		0	0	0	0	0	0	75	0	0	0	0
Coca-Cola® Cherry		200	0	0	0	0	0	45	56	0	56	0
Mello Yello		230	0	0	0	0	0	60	63	0	63	0
Sprite		190	0	0	0	0	0	85	51	0	51	0
Seagram's Ginger Ale		170	0	0	0	0	0	35	43	0	43	0
Other Beverages												
Lemonade		210	0	0	0	0	0	30	50	0	23	2
Stewart's Root Beer		210	0	0	0	0	0	90	38	0	38	0
Hot Chocolate: with chocolate whipped cream		380	50	10	6	0	35	230	56	2	37	14

Beer n' Wine (at participating stores)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Ice-Cold Beer (12 fl. oz.)												
Bud Light		100	0	0	0	0	0	10	5	0	0	1
Miller Lite		100	0	0	0	0	0	5	3	0	0	1
Corona Extra		150	0	0	0	0	0	0	15	0	0	1
Michelob Ultra		100	0	0	0	0	0	0	3	0	0	1
Budweiser		140	0	0	0	0	0	10	10	0	0	1
Blue Moon		160	0	0	0	0	0	15	3	0	0	less than 1
Wine												
Gambino Sparkling Wine: 187 mL bottle		150	0	0	0	0	0	0	7	0	0	0
Roscato Moscato: 250 mL can		210	0	0	0	0	0	15	10	0	10	less than 1
Sutter Home Chardonnay: 187 mL bottle		160	0	0	0	0	0	10	4	0	2	0
Roscato Sweet Red: 250 mL can		210	0	0	0	0	0	15	10	0	10	less than 1
Mimosas n' More (at participating stores)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Orange Mimosa	Pitcher: 4 glasses	550	0	0	0	0	0	45	36	less than 1	26	2
	per serving	140	0	0	0	0	0	10	9	0	7	0
Strawberry Mimosa	Pitcher: 4 glasses	990	0	0	0	0	0	40	127	1	106	1
	per serving	220	0	0	0	0	0	10	31	0	26	0
Peach Mimosa	Pitcher: 4 glasses	800	0	0	0	0	0	80	95	0	82	0
	per serving	230	0	0	0	0	0	25	31	0	28	0
Bloody Mary		110	0	0	0	0	0	890	14	less than 1	7	3
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)
Double Fudge Coca-Cola® Cake		650	290	32	10	0	70	240	87	3	54	8
	plus Ice Cream: one scoop	190	100	11	7	0	45	55	21	0	17	3
Biscuit Beignets		480	240	26	9	0	0	920	54	4	10	7
	plus Butter Pecan Sauce	210	60	7	4.5	0	20	70	37	less than 1	36	0
Peach Cobbler		340	100	14	5.0	0	0	240	194	2	34	2
	plus Ice Cream: one scoop	190	100	11	7	0	45	55	21	0	17	3

Family Meal Baskets To-Go

Family Meal Baskets To-Go (Serves 5)		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 Family Meals come with choice of two Sides (see page 16 for nutritional information). All-Day Pancake Breakfast excluded.													
All-Day Pancake Breakfast:													
comes with	10 Pancakes (each)	230	100	11	2	0	10	720	30	2	3	3	
	Scrambled Eggs (total)	730	430	48	16	0.5	1925	740	9	2	3	68	
plus choice of meat	Thick-sliced Bacon: 15 slices (each)	70	50	6	2	0	15	150	0	0	0	5	
	Smoked Sausage Patties: 10 each (each)	120	90	10	4	0	30	200	less than 1	0	0	7	
	Sugar Cured Ham: 5 each	220	130	15	3.5	0	55	960	1	0	1	18	
	Country Ham: 5 each	270	120	13	5	0	95	1680	6	1	0	33	
	Hashbrown Casserole (total)	1540	590	66	26	0	90	2810	195	20	4	42	
plus choice of	Fried Apples (total)	1030	120	13	4.5	0	less than 5	260	222	33	156	3	
	total	1590	290	32	11	0	445	5250	173	14	2	162	
Chicken n' Dumplings		per serving	320	60	6	2	0	90	1050	35	3	0	32
Grilled Chicken Tenders: 20 each		each	50	10	2	0	0	30	120	less than 1	0	less than 1	9
plus choice of	BBQ sauce: 6 oz.	250	30	3	1	0	0	1045	53	1	50	1	
	Honey Mustard: 6 oz.	670	565	63	9	1	50	1193	25	1	22	2	
Fried Chicken Tenders: 20 each		each	100	45	5	1	0	30	360	4	less than 1	0	10
plus choice of	BBQ sauce: 6 oz.	250	30	3	1	0	0	1045	53	1	50	1	
	Honey Mustard: 6 oz.	670	565	63	9	1	50	1193	25	1	22	2	
Meatloaf: 8 family-size slices		each	260	160	17	7	0	70	470	8	1	2	18
Southern Fried Chicken	total	4930	2700	300	70	0	1430	14200	234	26	0	325	
	per serving	990	540	60	14	0	285	2840	47	5	0	65	
Homestyle Chicken: 5 each		each	530	260	29	6	0	100	1370	32	2	1	36
Country Fried Shrimp: catfish, hushpuppies, fries, tartar sauce, and lemon wedges	total	3370	1270	141	32	0	465	9130	424	64	57	100	
	per serving	670	250	28	6	0	95	1830	85	13	11	20	
Fried Catfish: with tartar sauce, lemon wedges and hushpuppies	total	2930	2050	228	44	2	320	4350	123	14	29	98	
	per serving	590	410	46	9	0	65	870	25	3	6	20	
Sirloin Steak Tips n' Tenders come with choice of grilled chicken tenders or fried chicken tenders (see above for nutritional information)													
Sirloin Steak Tips n' Tenders: steak tips, with garlic butter glaze	total	1510	980	109	48	0.5	315	4770	3	1	0	131	
	per serving	300	200	22	10	0	65	950	1	0	0	26	

Family Meal Sides (serves 5)		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)
Green Beans	total	420	180	20	8	0	55	2300	49	21	8	10
	per serving	80	40	4.0	1.5	0	10	460	10	4	2	2
Carrots	total	640	60	7	1	0	95	1020	133	25	74	10
	per serving	130	12	1.5	0	0	20	200	27	5	15	2
Corn	total	1770	660	73	13	0	155	850	250	26	7	28
	per serving	350	130	15	2.5	0	30	170	50	5	1	6
Broccoli	total	150	5	0.5	0	0	0	45	22	14	3	14
	per serving	30	0	0	0	0	0	10	4	3	1	3
Dumplings	total	960	230	26	8	0	5	4380	168	14	2	22
	per serving	190	50	5	1.5	0	0	880	34	3	0	4
Fresh Fruit	total	250	10	2	0	0	0	0	62	12	43	4
	per serving	50	0	0	0	0	0	0	12	2	9	1
Mashed Potatoes	total	1300	570	63	11	0	40	1130	164	17	5	21
	per serving	260	110	13	2.5	0	10	230	33	3	1	4
plus choice of	Roast Beef Gravy (16 oz.)	290	140	16	3	0	0	2300	29	7	2	10
	Sawmill Gravy (16 oz.)	640	370	42	17	0	45	1300	48	2	18	19
Coleslaw	total	1230	940	105	16	1.5	100	840	69	less than 1	67	2
	per serving	250	190	21	3	0	20	170	14	less than 1	13	0
Pinto Beans	total	1080	140	16	5	0	95	1960	155	50	3	78
	per serving	220	30	3	1	0	20	390	31	10	1	16
Turnip Greens	total	480	160	17	7	0	90	1840	30	18	3	50
	per serving	100	30	3.5	1.5	0	15	370	6	4	1	10
Hashbrown Casserole	total	1540	590	66	26	0	90	2810	195	20	4	42
	per serving	310	120	13	5	0	20	560	39	4	1	8
Fried Apples	total	1230	260	30	10	0	0	200	246	17	211	2
	per serving	250	50	6	2	0	0	40	49	3	42	0
Loaded Hashbrown Casserole	total	2790	1530	169	78	0.5	380	5870	200	20	6	118
	per serving	560	310	34	16	0	75	1170	40	4	1	24
Macaroni n' Cheese	total	1620	850	94	36	1	145	4220	136	10	20	58
	per serving	320	170	19	7	0	30	840	27	2	4	12
Cornbread Dressing	total	2520	1290	143	29	0.5	190	7650	264	43	28	42
	per serving	500	260	29	6	0	40	1530	53	9	6	8
Sweet Potato Casserole	total	1400	250	28	4.5	0	0	640	273	17	213	15
	per serving	280	50	6	1	0	0	130	55	3	43	3
Hashbrown Casserole Tots	total	1370	730	81	21	0	45	3900	137	2	5	24
	per serving	270	150	16	4.5	0	10	780	27	less than 1	1	5
Fried Okra	total	1240	420	47	9	0	50	2600	188	12	8	16
	per serving	250	80	9	1.5	0	10	520	38	2	2	3
Steak Fries	total	1700	580	64	12	0	45	360	256	26	4	25
	per serving	340	120	13	2.5	0	10	70	51	5	1	5

Barrel Bites (serves 5)		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 Tots	total	1210	730	81	30	0	120	3290	84	1	4	39
	per serving	240	150	16	6	0	25	660	17	0	1	8
	comes with Buttermilk Ranch: 4 oz.	380	360	40	6	1	35	840	5	0	3	2
Biscuits Beignets	total	1600	790	88	31	0	0	3080	179	4	32	22
	per serving	320	160	18	6	0	0	620	36	less than 1	6	4
	comes with Butter Pecan Sauce (8 oz.)	660	190	22	14	0	60	230	119	less than 1	117	0
Fried Pickles	total	1760	1010	112	19	0.5	0	6890	169	9	2	18
	per serving	350	200	22	4	0	0	1380	34	2	0	4
	comes with Buttermilk Ranch: 4 oz.	380	360	40	6	1	35	840	5	0	3	2
Cheese Bites	total	1710	1040	116	64	2.5	265	3110	84	2	12	82
	per serving	340	210	23	13	0	55	620	17	0	2	16
	comes with Buttermilk Ranch: 4 oz.	380	360	40	6	1	35	840	5	0	3	2
Family Meal Desserts (serves 5)		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)
Chocolate Chip Cookies: 5 each	each	240	100	11	6	0	30	120	30	1	19	3
	total	1600	790	88	31	0	0	3080	179	4	32	22
	per serving	320	160	18	6	0	0	620	36	less than 1	6	4
Biscuit Beignets	comes with Butter Pecan Sauce (8 oz.)	660	190	22	14	0	60	230	119	less than 1	117	0
	total	1860	600	66	23	0	40	1110	301	9	185	14
	per serving	340	100	14	5.0	0	0	240	194	2	34	2
Peach Cobbler	each	650	290	32	10	0	70	240	87	3	54	8