

	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens*
Roast Beef													
Classic Roast Beef Sandwich	1	530	240	27	9	1	65	1380	44	2	7	27	W,G,M,E,S
Double Roast Beef Sandwich	1	560	260	29	10	1.5	100	1390	35	3	6	37	W,G,M,E,S
Half Pound Roast Beef Sandwich	1	650	320	35	13	2	130	1740	35	3	6	47	W,G,M,E,S
Classic Roast Beef Deluxe	1	520	270	30	8	1	65	1100	38	3	7	25	W,G,M,E,S
Double Roast Beef Deluxe	1	700	340	38	16	2	130	2150	44	2	8	43	W,G,M,E,S
Classic Bacon Beef 'n Cheddar	1	620	300	33	11	1	85	1710	45	2	8	34	W,G,M,E,S
Classic Beef 'n Cheddar	1	570	270	30	12	1.5	90	1730	44	2	8	30	W,G,M,E,S
Double Beef 'n Cheddar	1	700	340	38	16	2	130	2150	44	2	8	43	W,G,M,E,S
Half Pound Beef 'n Cheddar	1	860	440	49	21	2.5	175	2850	46	2	9	56	W,G,M,E,S
Classic French Dip Sandwich w/Swiss & Au Jus	1	600	240	27	11	1	80	2410	54	3	4	33	W,G,M,E,S
Classic French Dip Sandwich + Mayo	1	590	260	29	8	1	65	2040	55	3	4	26	W,G,M,E,S
Turkey													
Turkey Club Sandwich	1	830	360	40	10	0	105	2010	77	5	12	46	W,G,M,E,S
Turkey Club Wrap	1	500	320	35	9	0	105	1520	19	6	3	38	W,G,M,E,S
Roast Turkey & Swiss Sandwich	1	700	250	28	6	0	70	1590	79	5	14	38	W,G,M,E,S
Roast Turkey & Swiss Wrap	1	360	210	23	4.5	0	65	1110	22	6	4	30	W,G,M,E,S
Turkey Ranch & Bacon Sandwich	1	710	320	35	9	0	95	2060	59	4	12	39	W,G,M,E,S
Turkey Ranch & Bacon Wrap	1	510	320	36	9	0	105	1640	20	6	5	38	W,G,M,E,S
Signature													
Corned Beef Reuben	1	600	210	24	7	0	60	2240	62	5	4	35	W,G,M,E
Greek Gyro	1	710	390	44	13	0	75	1360	55	4	6	23	W,G,M,E,S
Roast Beef Gyro	1	540	260	29	7	1	60	1190	48	3	5	23	W,G,M,E,S
Roast Turkey Gyro	1	490	190	21	3	0	55	1020	48	3	5	26	W,G,M,E,S
Smokehouse Sliced Brisket	1	740	420	46	14	1	105	1460	46	2	9	36	W,G,M,E,S
Chicken Sandwiches													
Deluxe Chicken	1	660	340	38	6	0	70	1570	54	2	6	29	W,G,M,E,S,F
Chicken Bacon Swiss	1	660	280	31	9	0	80	1870	56	2	9	41	W,G,M,E,S,F
Buffalo Ranch Chicken	1	540	220	24	4.5	0	60	2110	53	2	6	29	W,G,M,E,S,F
Chicken Tenders													
3 Tenders	1	360	150	17	2.5	0	45	950	28	2	0	23	W,G,M,E,S,F
5 Tenders	1	600	250	28	4	0	75	1590	47	3	0	39	W,G,M,E,S,F
Premium Chicken Nuggets													
4 Premium Nuggets	1	210	90	10	3	0	35	600	12	1	1	17	W,G,M,E,S,F
6 Premium Nuggets	1	310	140	15	4.5	0	50	910	18	1	1	25	W,G,M,E,S,F
9 Premium Nuggets	1	470	210	23	7	0	75	1360	28	2	2	38	W,G,M,E,S,F
Rotisserie Chicken Platters (Meat Only)													
Quarter White (Breast & Wing)	1	310	110	12	3.5	0	175	420	0	0	0	49	NA
Half Dark	1	490	270	30	8	0	305	880	1	0	0	55	NA
Half Rotisserie	1	550	250	27	7	0	330	860	1	0	0	76	NA
Whole Rotisserie	1	1050	470	53	15	0	695	1650	3	0	0	140	NA
Wraps													
Jalapeño Bacon Ranch Chicken	1	600	300	33	6	0	95	1480	42	4	7	37	W,G,M,E,S,F
Creamy Mediterranean Chicken	1	550	270	30	5	0	80	1240	41	3	5	32	W,G,M,E,S,F
Chicken Club	1	650	320	35	9	0.5	105	1370	47	4	12	41	W,G,M,E,S,F
Salads													
Garden Side Salad with Dressing	1	90	40	4.5	0	0	0	300	11	1	10	2	M,E,S
Southern Fried Chicken Salad	1	900	580	65	13	0	105	1540	50	5	20	30	TN,M,E,S
Sliders													
Roast Beef 'n Cheese Slider	1	240	100	11	4.5	0	30	620	21	1	1	14	W,G,M,E,S
Jalapeno Roast Beef 'n Cheese Slider	1	240	100	11	4.5	0	30	620	21	1	2	14	W,G,M,E,S
Chicken 'n Cheese Slider	1	300	120	13	4	0	15	550	30	1	1	16	W,G,M,E,S,F
Buffalo Chicken Ranch Slider	1	290	120	13	2	0	20	860	31	2	2	12	W,G,M,E,S
Turkey 'n Cheese Slider	1	210	60	7	2.5	0	30	560	21	1	1	14	W,G,M,E,S
Dinner Sides													
Mac 'n Cheese	1	260	130	14	8	0	35	640	23	3	13	11	W,G,M,E,S
Italian Spinach	1	190	140	16	2.5	0	0	900	9	4	3	4	TN,M,E,S,SF,W
Lima Beans	1	320	140	16	5	0	0	630	39	7	10	9	W,G,M,E,S,F
Steamed Broccoli	1	150	120	14	4.5	0	0	380	5	2	1	2	M,S
Yellow Sweet Corn	1	270	110	13	3.5	0	0	100	35	4	5	5	M,S
Yukon Gold Mashed Potatoes	1	240	80	10	3	0	0	900	32	3	0	3	W,G,M,E,S
Summer Squash	1	140	100	12	3.5	0	5	520	8	2	4	3	TN,M,E,S,SF,W
Baked Potatoes													
Butter Baked Potato	1	470	200	23	7	0	0	210	63	7	4	7	M,E,S
Broccoli 'n Cheddar	1	700	330	37	13	0	25	1050	78	9	5	17	M,E,S
Deluxe Baked Potato	1	750	410	47	19	0	70	1120	70	7	7	18	M,E,S
Sweet Potato with Butter	1	360	200	23	7	0	0	250	37	6	12	4	M,E,S
Plain Baked Potato	1	280	5	0	0	0	0	30	63	7	4	7	M,E,S
Soup/ Stew													
Brunswick Stew - Cup	1	210	80	9	3.5	0	70	630	17	2	8	16	S,M,G
Brunswick Stew - Bowl	1	410	160	18	7	0	140	1250	35	4	15	31	S,M,G
Brunswick Stew - Quart To Go	1	830	320	36	15	0	275	2500	70	8	30	63	S,M,G
Kid's Meals													
TreeTop Applesauce	1	45	0	0	0	0	0	0	13	2	11	0	see packaging
Capri Sun Fruit Juice	1	80	0	0	0	0	0	25	21	0	20	0	see packaging
Milk, Low-Fat White	1	130	45	5	3	0	20	130	12	0	12	8	M
Milk, Chocolate	1	180	25	3	2	0	10	135	31	0	30	8	M
Mac 'n Cheese	1	260	130	14	8	0	35	640	23	3	3	11	W,G,M,E,S

*Allergens: NA = No Allergens E = Eggs M = Milk P = Peanuts TN = Tree Nuts SF = Shellfish F = Fish S = Soy W = Wheat G = Gluten

Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of [May 18, 2022](#).

The Restaurant Company and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated.

***Foods cooked in common oil have also been indicated as possible allergens. Items may be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.



Some Menu Items May Be Available for a Limited Time Only

Menu Item

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens*
Sides													
Curly Fries - Kids/Jr.	1	250	120	13	2	0	0	560	29	3	0	3	W,G,M,E,S,F
Curly Fries - Small	1	410	200	22	3	0	0	940	49	5	0	5	W,G,M,E,S,F
Curly Fries - Medium	1	550	260	29	4	0	0	1250	65	6	0	6	W,G,M,E,S,F
Curly Fries - Large	1	650	310	35	5	0	0	1480	77	7	0	8	W,G,M,E,S,F
Crinkle Fries - Kids/Jr.	1	250	110	12	1.5	0	0	300	32	0	0	3	W,G,M,E,S,F
Crinkle Fries - Small	1	390	170	19	2.5	0	0	480	49	0	0	5	W,G,M,E,S,F
Crinkle Fries - Medium	1	530	230	26	3.5	0	0	630	68	0	0	7	W,G,M,E,S,F
Crinkle Fries - Large	1	620	370	30	4	0	0	730	79	0	0	8	W,G,M,E,S,F
Onion Straws - Medium	1	331	207	23	4	1	1	332	35	2	7	4	W,G,M,E,S,F
Mozzarella Sticks (2)	1	220	100	12	4.5	0	20	700	19	1	1	10	W,G,M,E,S,F
Mozzarella Sticks (4)	1	440	210	23	9	0.5	35	1410	37	2	3	19	W,G,M,E,S,F
Mozzarella Sticks (6)	1	650	310	35	14	1	55	2110	56	3	4	29	W,G,M,E,S,F
Jalapeno Bites (5)	1	290	150	17	6	0	25	660	31	2	3	5	W,G,M,E,S,F
Jalapeno Bites (8)	1	470	240	27	10	0.5	40	1060	50	3	4	8	W,G,M,E,S,F
Sauce													
AA BBQ Sauce	1	60	0	0	0	0	0	630	13	0	12	0	F
Horsey Sauce	1	60	45	5	1	0	5	150	3	0	2	0	E
Buffalo Sauce	1	10	10	1	0	0	0	720	2	0	0	0	M
Tangy BBQ Sauce	1	40	0	0	0	0	0	350	9	0	8	0	
Honey Dijon Mustard	1	140	120	13	2	0	10	130	5	0	4	0	E
Ranch Dipping Sauce	1	100	100	11	2.5	0	20	190	2	0	1	1	E,M
Desserts													
Chocolate Milkshake - 12 oz.	1	600	250	27	16	1	85	200	71	1	65	13	G,M,E
Chocolate Milkshake - 20 oz.	1	910	360	40	24	1	120	310	112	2	104	20	G,M,E
Chocolate Oreo Milkshake - 12 oz.	1	790	320	36	19	1	85	370	100	2	81	15	G,M,E
Chocolate Oreo Milkshake - 20 oz.	1	1280	510	56	28	1	120	640	166	3	132	24	G,M,E
Jamocha Milkshake - 12 oz.	1	640	240	27	16	1	85	260	81	1	73	13	G,M,E
Jamocha Milkshake - 20 oz.	1	930	350	39	24	1	120	380	116	1	106	20	G,M,E
Strawberry Milkshake - 12 oz.	1	590	240	27	16	1	85	190	70	1	66	13	G,M,E
Strawberry Milkshake - 20 oz.	1	890	350	39	24	1	120	290	110	2	105	20	G,M,E
Vanilla Milkshake - 12 oz.	1	580	240	27	16	1	85	200	65	0	61	13	G,M,E
Vanilla Milkshake - 20 oz.	1	860	350	39	24	1	120	300	101	0	95	19	G,M,E
Frosted Coffee Milkshake - 16 oz.	1	610	190	21	12	0	55	430	93	1	85	12	G,M,E
Frosted Coffee Milkshake - 22 oz.	1	760	220	24	14	0	60	500	121	1	106	15	G,M,E
Apple Turnover with Icing	1	430	160	18	9	0	0	210	65	2	39	4	W,G,M,E,S
Cherry Turnover with Icing	1	390	120	13	6	0	0	200	65	2	40	4	W,G,M,E,S
Zucchini Muffin - 1 Muffin	1	270	100	11	1.5	0	30	330	40	1	23	3	W,G,M,E,S
Triple Chocolate Cookie - 1 Cookie	1	450	190	21	13	0	40	370	60	2	31	5	TN,W,G,M,E,S
Salted Caramel Cookie - 1 Cookie	1	430	160	18	10	0	30	360	63	1	33	4	TN,W,G,M,E,S
Reese's Peanut Butter Cookie - 1 Cookie	1	630	340	37	17	0	40	450	67	3	45	11	P,TN,W,G,M,E,S
Triple Chocolate Chunk Cookie - 1 Cookie	1	570	250	28	14	0	45	290	78	3	48	7	TN,W,G,M,E,S
SEASONAL/LIMITED TIME OFFERS													
Crispy Fish	1	570	230	25	4	0	45	990	65	3	9	20	F,W,G,M,E,S
Spicy Fish	1	580	250	27	4.5	0	50	1190	63	4	9	20	F,W,G,M,E,S
King's Hawaiian® Deluxe Fish	1	690	300	34	10	0.5	105	1000	74	2	19	25	F,W,G,M,E,S
Pecan Chicken Salad Sandwich	1	1010	570	64	9	0	80	1100	85	5	19	27	TN,G,M,E,S
Pecan Chicken Salad Wrap	1	630	480	53	7	0	80	570	28	6	9	19	TN,G,M,E,S
Pecan Chicken Salad by the lb.	1	1680	1380	153	22	0	235	1200	44	3	25	40	TN,M,E,S
Curry Chicken Salad Sandwich	1	1070	580	64	11	0	120	1410	91	7	23	37	TN,G,M,E,S
Curry Chicken Salad Wrap	1	690	480	54	9	0	120	900	34	7	14	29	TN,G,M,E,S
Turkey Pear & Brie Sandwich	1	1050	520	58	15	0.5	95	2070	99	7	29	39	TN,G,M,E,S
Turkey Pear & Brie Wrap	1	600	350	40	11	0	95	1470	41	8	20	31	TN,G,M,E,S
Honey Lemon Basil Chicken Salad Sandwich	1	930	420	46	8	0	115	1250	95	6	29	37	TN,G,M,E,S
Honey Lemon Basil Chicken Salad Wrap	1	600	370	41	7	0	115	760	37	6	19	29	TN,G,M,E,S
Turkey Spinach Artichoke Sandwich	1	800	350	39	7	0	65	1930	81	6	13	35	TN,G,M,E,S
Turkey Spinach Artichoke Wrap	1	530	230	26	4	0	65	1540	47	4	6	33	TN,G,M,E,S
Kale Caesar Salad with Dressing	1	580	420	47	10	0	135	1250	7	2	3	30	TN,M,E,S,SF,W
Fruit & Poppy Seed Salad with Dressing	1	570	340	38	4.5	0	15	720	55	5	44	4	TN,M,E,S,SF,W
Chicken Divan Potato	1	860	450	51	22	1	130	1240	72	9	9	30	M,E,S
Chicken Pot Pie Potato	1	690	300	34	11	0	90	1230	74	8	6	28	M,E,S
Beef Brisket and Bleu Salad	1	440	270	30	12	0	90	1200	15	3	4	28	P,TN,W,G,M,E,S
Martha's Vineyard Salad with Chicken and Dressing	1	460	160	18	3	0	75	710	45	6	36	25	P,TN,W,G,M,E,S
Turkey Pot Roast Potato	1	760	360	40	10	0	30	1780	82	9	10	21	P,TN,W,G,M,E,S
Fall Harvest Salad	1	490	230	25	8	0	100	730	33	6	25	33	P,TN,W,G,M,E,S
Chicken Primavera Stuffed Potato	1	880	470	54	20	0.5	70	1820	78	9	9	24	P,TN,W,G,M,E,S
Strawberry Arugula Salad - Whole	1	440	250	27	8	0	35	560	34	6	22	16	P,TN,W,G,M,E,S
Falafel Gyro	1	620	270	30	7	0	35	1450	75	9	12	19	P,TN,W,G,M,E,S
Broccoli Rice Almondine	1	230	100	11	1.5	0	0	770	28	1	1	4	P,TN,W,G,M,E,S
Scalloped Potatoes	1	460	290	33	15	0	60	1420	29	2	3	13	P,TN,W,G,M,E,S
Cinnamon Drizzled Apple Turnover	1	450	170	18	9	0	0	220	70	2	43	4	P,TN,W,G,M,E,S
Cinnamon Drizzled Cherry Turnover	1	410	120	13	6	0	0	210	70	2	44	4	P,TN,W,G,M,E,S
Apple Crisp Cobbler	1	610	250	28	10	0	75	570	81	1	54	8	W,G,M,E,S
Chocolate Chip One Bite Cookie - 1 Cookie	1	40	15	2	1	0	5	25	5	0	3	0	TN,W,G,M,E,S
Double Chocolate One Bite Cookie - 1 Cookie	1	40	20	2	1	0	5	25	5	0	4	0	TN,W,G,M,E,S
Oatmeal Raisin One Bite Cookie - 1 Cookie	1	35	15	1.5	0.5	0	5	25	6	0	3	1	TN,W,G,M,E,S
Sugar One Bite Cookie - 1 Cookie	1	40	20	2	1.5	0	10	35	5	0	3	0	TN,W,G,M,E,S
M&M Chocolate Chip Cookie - 1 Cookie	1	250	100	11	5	0	20	140	30	1	22	3	TN,W,G,M,E,S
Oatmeal Raisin Cookie - 1 Cookie	1	230	90	10	4	0	25	135	35	1	19	3	TN,W,G,M,E,S
Peanut Butter w/Peanut Butter Chips Cookie - 1 Cookie	1	280	150	17	8	0	20	200	29	1	19	5	P,TN,W,G,M,E,S
Coconut Macadamia White Chocolate Chip Cookie - 1 Cookie	1	270	160	15	7	0	25	125	32	1	19	3	TN,W,G,M,E,S
Chocolate Chip Cookie - 1 Cookie	1	250	110	12	6	0	20	140	35	2	21	3	TN,W,G,M,E,S
Eggnog Milkshake - 12 oz.	1	480	150	16	10	0	50	360	72	0	71	11	G,M,E
Eggnog Milkshake - 20 oz.	1	670	210	24	14	0	70	490	98	0	96	15	G,M,E
Orange Cream Milkshake - 12 oz.	1	450	110	12	7	0	35	320	74	0	70	9	G,M,E
Orange Cream Milkshake - 20 oz.	1	680	160	18	11	0	50	500	115	0	109	14	G,M,E
Mint Chocolate Swirl Milkshake - 12 oz.	1	550	180	20	14	0	40	350	84	2	79	11	G,M,E
Mint Chocolate Swirl Milkshake - 20 oz.	1	730	230	25	18	0	50	480	111	2	105	15	G,M,E
Candy Cane Milkshake - 12 oz.	1	520	120	13	8	0	35	340	90	0	83	10	G,M,E
Candy Cane Milkshake - 20 oz.	1	690	150	17	10	0	45	460	121	0	113	13	G,M,E
Strawberry Cheesecake Milkshake - 12 oz.	1	790	430	48	35	1	100	450	79	0	74	7	G,M,E
Strawberry Cheesecake Milkshake - 20 oz.	1	1190	620	69	50	1.5	145	740	124	0	118	14	G,M,E
Blueberry Cheesecake Milkshake - 12 oz.	1	810	430	48	35	1	100	450	83	0	77	7	G,M,E
Blueberry Cheesecake Milkshake - 20 oz.	1	1210	620	69	50	1.5	145	740	129	0	121	14	G,M,E
Cherry Cheesecake Milkshake - 12 oz.	1	820	430	48	35	1	100	510	85	1	80	7	G,M,E
Cherry Cheesecake Milkshake - 20 oz.	1	1210	620	69	50	1.5	145	800	130	1	124	14	G,M,E
Key Lime Cheesecake Milkshake - 12 oz.	1	1040	510	56	38	1	105	660	118	1	104	12	G,M,E
Key Lime Cheesecake Milkshake - 20 oz.	1	1400	690	76	53	1.5	145	910	158	1	142	18	G,M,E
Pumpkin Spice Ultimate Milkshake - 12 oz.	1	510	90	10	6	0	30	340	94	1			