



Lee's Famous Recipe Chicken USA Nutrition Guide

Nutrition Facts		Serving Size	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Classic Chicken																
Famous Recipe Chicken Breast	1 breast	580	330	38	10	0	16	8	120	1370	370	18	0	0	0	44
Famous Recipe Chicken Leg	1 leg	190	130	14	3.5	0	6	3.5	35	370	100	5	0	0	0	11
Famous Recipe Chicken Thigh	1 thigh	460	310	35	9	0	13	9	95	820	240	10	0	0	0	26
Famous Recipe Chicken Whole Wing	1 wing	210	140	16	4	0	6	4	30	430	70	6	0	0	0	10
Oven Roast Chicken Breast	1 breast	270	90	10	3	0	2	4	115	670	340	1	0	0	0	40
Oven Roast Chicken Leg	1 leg	90	45	5	1.5	0	1	2	35	210	95	1	0	0	0	10
Oven Roast Chicken Thigh	1 thigh	220	120	14	4	0	3	5	80	410	210	1	0	0	0	22
Oven Roast Chicken Whole Wing	1 wing	90	50	6	1.5	0	1	2.5	25	310	65	1	0	0	0	8
Spicy Chicken Breast	1 breast	670	410	46	12	0	20	9	115	1050	340	21	0	2	43	
Spicy Chicken Leg	1 leg	270	170	20	5	0	8	4	40	270	100	11	0	0	0	13
Spicy Chicken Thigh	1 thigh	580	350	40	10	0	16	9	85	310	210	30	0	0	0	27
Spicy Chicken Whole Wing	1 wing	270	180	20	5	0	8	4.5	30	180	65	12	0	0	0	11
Boneless Chicken																
Famous Breast Strip	1 strip	180	100	11	2.5	0	5	2	40	530	125	7	0	0	0	15
Famous Breast Strip: Add BBQ Sauce	Amount/strip	20	0	0	0	0	0	0	0	125	0	4	0	3	0	0
Famous Breast Strip: Add Buffalo Sauce	Amount/strip	0	0	0	0	0	0	0	0	210	0	0	0	0	0	0
Oven Roast Breast Strip	1 strip	80	15	1.5	0	0	0	0.5	40	280	135	1	0	0	0	15
Spicy Breast Strip	1 strip	180	90	11	2.5	0	5	2	35	290	105	7	0	0	0	13
Spicy Jumbo Dippers	1 cup	420	210	24	6	0	11	4	90	200	270	16	0	0	0	34
Spicy Jumbo Dippers	1 box	1670	850	96	25	0	43	17	355	800	1060	65	0	3	136	
Other Entrees																
BBQ Chicken Sandwich	1 sandwich	400	120	13	2.5	0	3.5	2.5	60	1050	160	45	1	19	24	
BBQ Chicken Slider	1 slider	300	110	13	2.5	0	5	2	40	900	160	30	2	7	19	
Beer Battered Fish	1 piece	190	120	13	3.5	0	7	2	50	140	220	4	0	0	12	
Buffalo Chicken Slider	1 slider	290	110	12	2.5	0	5	2	40	990	160	26	2	3	19	
Butterfly Shrimp	1 shrimp	50	25	3	0.5	0	1.5	0	15	105	0	4	0	0	2	
Chicken Pot Pie	1 pot pie	850	430	49	27	0	6	7	95	1780	620	66	4	7	35	
Chicken Sandwich - Famous	1 sandwich	650	270	31	7	0	10	3.5	75	1320	220	58	1	6	34	
Chicken Sandwich - Spicy	1 sandwich	650	270	31	7	0	10	3.5	75	1000	220	59	1	6	34	
Chicken Slider Sandwich	1 slider	360	170	19	2.5	0	2	7	40	770	160	28	2	4	19	
Country Fried Steak	2 steaks	620	400	45	14	1	13	12	65	580	0	35	1	0	20	
Country Gizzards	Regular	880	810	92	23	0	45	13	195	460	105	6	0	0	16	
Country Gizzards	Large	1760	1620	183	46	0	90	26	385	930	210	12	0	0	33	
Famous Fish Fillets	1 order	500	320	37	9	0	17	5	100	1500	580	16	0	0	27	
Gizzards	Regular	590	270	30	8	0	14	4.5	400	3030	260	43	0	2	37	
Gizzards	Large	1180	530	60	15	0	30	9	795	6050	520	87	0	4	73	
Jumbo Spicy Wing - BBQ Sauce	1 wing piece	250	180	20	5	0	8	4	20	490	50	12	0	5	8	
Jumbo Spicy Wing - Buffalo Sauce	1 wing piece	230	170	20	5	0	8	4	20	660	50	6	0	0	8	
Jumbo Spicy Wing - Plain/No Sauce	1 wing piece	230	170	20	5	0	8	4	20	320	50	6	0	0	8	
Livers	Regular	600	320	36	10	0	15	6	885	1850	530	26	0	0	43	
Livers	Large	1210	640	73	20	0	30	12	1765	3690	1060	52	0	1	85	
Spicy Wings	1 wing piece	90	60	6	1.5	0	2.5	1.5	10	170	0	5	0	0	4	
Spicy Wings Buffalo	1 wing piece	90	60	6	1.5	0	2.5	1.5	10	229	0	5	0	0	4	
Spicy Wings BBQ	1 wing piece	110	60	6	1.5	0	2.5	1.5	10	170	0	5	0	0	4	
Sides																
BBQ Baked Beans	Regular	130	15	2	0.5	0	0	0	0	470	0	25	5	12	5	

BBQ Baked Beans	Large	530	60	7	2.5	0	0	0	5	1860	0	99	20	46	21
BBQ Baked Beans	1/2 gallon	2270	260	30	11	0	0	0	25	7940	0	423	84	195	89
BBQ Baked Beans	1 gallon	4540	530	60	21	0	0	0	45	15880	0	846	168	390	178
Biscuits	1 biscuit	200	100	11	6	0	1.5	0.5	0	600	0	22	1	2	3
Biscuits	1/2 dozen	1180	590	66	33	0	10	4	0	3620	0	132	6	12	18
Broccoli Pasta Salad	Regular	150	100	11	2	0	0	0	5	270	70	11	0	1	2
Broccoli Pasta Salad	Large	430	290	33	5	0	0	0	15	810	210	34	2	4	7
Broccoli Pasta Salad	1/2 gallon	3450	2310	262	43	0	0	0	105	6470	1640	269	20	35	56
Broccoli Pasta Salad	1 gallon	6900	4630	523	86	0	0.5	0	215	12940	3290	537	39	70	112
Brown Gravy	Regular	15	0	0	0	0	0	0	0	290	0	3	0	0	0
Brown Gravy	Large	90	10	1		0	0	0	0	1680	25	17	0	1	2
Brown Gravy	1 quart	350	40	5	1.5	0	1.5	1.5	0	6720	105	69	1	5	7
Brown Gravy	1/2 gallon	700	80	10	3	0	2.5	3	0	13440	210	139	2	9	14
Brown Gravy	1 gallon	1410	170	19	6	0	5	6	3	26870	420	278	5	18	28
Buttered Corn	Regular	130	70	8	4.5	0	0.5	2	20	50	200	16	2	3	2
Buttered Corn	Large	500	260	29	18	1	2	8	70	200	750	61	8	10	8
Buttered Corn	1/2 gallon	2660	1390	157	94	6	11	41	385	1050	3980	326	41	52	45
Buttered Corn	1 gallon	5320	2780	314	188	12	22	82	775	2110	7960	653	81	104	89
Cajun Rice	Regular	80	15	2	0	0	1	0	0	280	20	13	0	0	1
Cajun Rice	Large	370	80	9	1.5	0	5	2	0	1380	105	64	3	1	7
Cajun Rice	1/2 gallon	1580	350	39	7	0.5	22	8	0	5870	440	272	15	5	29
Cajun Rice	1 gallon	3170	690	79	14	1	44	17	0	11740	880	544	29	10	58
Chicken and Noodles	Regular	150	25	3	1	0	0	0	45	250	25	22	1	0	7
Chicken and Noodles	Large	310	60	6	2	0	0	0.5	100	530	55	47	3	1	15
Cole Slaw with Lee's Fresh-Made Dressing	Regular	120	60	6	1.5	0	1.5	0	10	390	110	15	2	13	1
Cole Slaw with Lee's Fresh-Made Dressing	Large	590	270	31	7	0	7	2.5	35	1870	530	71	8	62	4
Cole Slaw with Lee's Fresh-Made Dressing	1/2 gallon	2810	1320	149	34	0	31	11	175	8960	1560	340	37	300	19
Cole Slaw with Lee's Fresh-Made Dressing	1 gallon	5620	2630	298	67	0	63	22	350	17930	5110	679	73	600	37
Cole Slaw with Lee's Cole Slaw Dressing	Regular	170	110	12	1.5	0	0	0	10	300	120	16	2	13	1
Cole Slaw with Lee's Cole Slaw Dressing	Large	690	430	49	7	0	0	0	45	1210	480	65	7	53	3
Cole Slaw with Lee's Cole Slaw Dressing	1/2 gallon	3310	2080	235	32	0	0	0	210	5790	2320	312	33	255	17
Cole Slaw with Lee's Cole Slaw Dressing	1 gallon	6620	4160	470	65	0	0.5	0	425	11570	4640	624	66	511	34
Corn on the Cob	Regular	220	50	6	0.5	0	2.5	1	0	45	0	37	4	5	5
Corn on the Cob	Large	650	150	17	2	0	7	2.5	0	130	0	111	12	15	15
Crackling Gravy	Regular	20	5	1	0	0	0	0	0	270	5	4	0	0	0
Crackling Gravy	Large	100	10	1	0	0	0	0	0	1630	40	19	0	0	2
Crackling Gravy	1 quart	420	35	4	1	0	1.5	0	0	6510	150	76	1	3	8
Crackling Gravy	1/2 gallon	830	70	8	2	0	2.5	0.5	0	13010	300	151	2	5	17
Crackling Gravy	1 gallon	1670	130	15	3.5	0	5	1.5	2	26020	610	302	4	10	33
Fried Okra	1.5 scoops	160	90	11	2.5	0	5	1.5	0	240	100	14	2	2	2
Fried Okra	8 scoops	850	500	57	14	0	28	8	0	1300	540	76	9	9	9
Fried Okra	Regular	110	60	7	2	0	3.5	1	0	160	65	10	1	1	1
Fried Okra	Large	420	250	28	7	0	14	4	0	650	270	38	4	4	4
Fried Okra	1/2 gallon	2300	1350	152	16	0	16	112	0	3460	1430	203	24	24	24
Fried Okra	1 gallon	4520	2690	305	76	0	154	44	0	6930	2870	406	48	48	48
Fried Pickles	1 piece	80	50	5	1.5	0	2.5	1	0	310	0	7	0	0	1
Fried Pickles	Regular	240	140	16	4	0	8	2	0	930	0	22	2	3	3
Fried Pickles	Large	650	380	43	11	0	21	6	0	2480	0	59	5	8	8
Green Beans	Regular	30	20	2	0.5	0	0	0	3	320	60	3	0	0	1
Green Beans	Large	130	70	8	3	0	0	0	15	1320	260	10	3	3	4
Green Beans	1/2 gallon	710	400	45	16	0	0	0	70	7020	1370	55	14	14	19
Green Beans	1 gallon	1420	800	90	33	0	0	0	145	14040	2750	111	28	28	39
Homestyle Baked Beans	Regular	120	10	1.5		0	0	0	0	430	20	23	5	9	6
Homestyle Baked Beans	Large	570	50	6	2	0	0	0	0	1990	95	106	25	41	26
Homestyle Baked Beans	1/2 gallon	2420	220	25	8	0	0.5	0	0	8510	410	450	106	173	109
Homestyle Baked Beans	1 gallon	4840	440	50	15	0	1	1	0	17020	810	901	211	346	218
Hot Apples	Regular	90	0	0	0	0	0	0	0	10	90	25	2	20	0
Hot Apples	Large	350	0	0	0	0	0	0	0	35	340	95	7	77	0
Hot Apples	1/2 gallon	1600	0	0	0	0	0	0	0	160	1540	432	32	352	0

Hot Apples	1 gallon	3200	0	0	0	0	0	0	0	320	3070	864	64	704	0	
Jalapeno Peppers	1 pepper	0	0	0	0	0	0	0	0	0	30	1	0	0	0	
Jalapeno Poppers	1 piece	100	60	7	1.5	0	0	0	5	280	0	8	0	0	2	
Jalapeno Poppers	Regular	290	170	20	4.5	0	0	0	15	850	0	23	1	1	6	
Jalapeno Poppers	Large	790	470	53	12	0.5	0	0	40	2280	0	60	4	4	16	
Macaroni and Cheese	Regular	250	60	7	2.5	0	0	0	10	470	0	37	2	4	9	
Macaroni and Cheese	Large	1150	270	31	11	0	0	0	45	2170	0	173	9	18	40	
Macaroni and Cheese	1/2 gallon	5540	1320	149	53	0	0	0	215	10440	0	831	43	85	192	
Macaroni Salad	Regular	250	200	22	5	0	0	0	35	320	25	10	0	0	3	
Macaroni Salad	Large	1220	950	108	24	0	1.5	0.5	160	1550	125	47	3	4	15	
Macaroni Salad	1/2 gallon	6030	4690	531	119	0	7	3	790	7670	620	233	16	21	76	
Macaroni Salad	1 gallon	12060	9390	1062	237	0	14	6	1585	15330	1250	466	31	41	151	
Macaroni Salad (Ron's/St. Clair)	Regular	170	90	10	1.5	0	0	0	10	190	35	15	0	4	2	
Macaroni Salad (Ron's/St. Clair)	Large	870	440	50	7	0	0	0	60	950	180	77	2	22	10	
Macaroni Salad (Ron's/St. Clair)	1/2 gallon	4180	2110	239	36	0	0	0	300	4540	850	370	12	107	48	
Macaroni Salad (Ron's/St. Clair)	1 gallon	8360	4220	478	72	0	0	0	595	9070	1700	740	24	215	96	
Mashed Potatoes	Regular	50	5	0.5	0	0	0	0	0	200	150	11	0	0	1	
Mashed Potatoes	Large	240	25	3	0	0	0	0	0	950	700	51	3	3	6	
Mashed Potatoes	1/2 gallon	1160	130	14	0	0	0	0	0	4540	3350	246	14	14	29	
Mashed Potatoes	1 gallon	2320	260	29	0	0	0	0	0	9070	6690	492	29	29	58	
Potato Salad (Ron's/St. Clair)	Regular	190	120	13	2	0	0	0	10	370	230	18	2	5	1	
Potato Salad (Ron's/St. Clair)	Large	880	550	62	10	0	0	0	50	1690	1070	81	10	23	7	
Potato Salad (Ron's/St. Clair)	1/2 gallon	3220	2010	227	36	0	0	0	180	6210	3930	299	36	84	24	
Potato Salad (Ron's/St. Clair)	1 gallon	6450	4010	454	72	0	0	0	360	12420	7860	597	72	167	48	
Potato Wedges	Regular	320	170	20	5	0	10	3	0	750	610	34	2	2	4	
Potato Wedges	Large	740	410	46	11	0	23	6	0	1750	1400	79	6	4	9	
Desserts																
Apple Turnover	1 turnover	340	210	23	7	0	9	2.5	0	140	0	33	0	14	1	
Caramel Brownie	1 brownie	300	110	12	2	0	0	0	35	190	0	46	1	31	3	
Chocolate Brownie	1 brownie	330	130	15	3	0	0	0	30	140	0	46	2	33	3	
Chocolate Chunk Cookie	1 cookie	270	60	12	7	0	0	4.5	10	190	0	36	2	20	3	
Mini Pecan Pie	1 pie	330	144	16	3	3	0	0	60	160	0	44	1	33	4	
Sauces																
Bonsai	1 portion cup	100	0	0	0	0	0	0	0	380	0	26	0	25	0	
Chipotle Ranch	1 portion cup	170	160	18	2.5	0	0	0	10	460	0	3	0	2	0	
Cocktail Sauce	1 portion cup	35	0	0	0	0	0	0	0	530	0	7	0	6	1	
Country BBQ	1 portion cup	60	10	1	0	0	0	0	0	370	0	12	0	10	0	
Creamy Ranch	1 portion cup	250	230	26	4	0	0	0	15	460	0	2	0	2	0	
Fiery Buffalo	1 portion cup	15	10	1	0	0	0	0	0	870	0	1	0	0	0	
Honey Mustard	1 portion cup	220	190	22	3.5	0	0	0	20	160	0	5	0	5	0	
Honey BBQ Sauce	2.5 oz	110	15	2	0	0	0	0	0	560	0	25	0	21	0	
Honey BBQ Sauce	8 oz	340	50	6	0	0	0	0	0	1800	10	79	0	67	0	
Tartar Sauce	1 portion cup	220	200	23	3.5	0	0	0	20	240	0	4	0	4	0	
Drinks																
Barq's Root Beer	Kids	220	0	0	0	0	0	0	0	90	0	60	0	59	0	
Caffeine Free Diet Pepsi	Kids	0	0	0	0	0	0	0	0	50	70	0	0	0	0	
Coca Cola	Kids	200	0	0	0	0	0	0	0	60	0	54	0	54	0	
Coca Cola Cherry	Kids	200	0	0	0	0	0	0	0	45	0	56	0	56	0	
Diet Coca Cola	Kids	0	0	0	0	0	0	0	0	55	0	0	0	0	0	
Diet Dr. Pepper	Kids	0	0	0	0	0	0	0	0	80	0	0	0	0	0	
Diet Mountain Dew	Kids	0	0	0	0	0	0	0	0	80	90	0	0	0	0	
Diet Pepsi	Kids	0	0	0	0	0	0	0	0	50	70	0	0	0	0	
Dr. Pepper	Kids	200	0	0	0	0	0	0	0	80	0	53	0	51	0	
Fanta Strawberry	Kids	230	0	0	0	0	0	0	0	20	0	62	0	62	0	
Hi C Fruit Punch	Kids	210	0	0	0	0	0	0	0	20	0	56	0	56	0	
Mello Yellow	Kids	230	0	0	0	0	0	0	0	60	0	63	0	63	0	
Minute Maid Lemonade	Kids	180	0	0	0	0	0	0	0	130	25	50	0	48	0	
Minute Maid Light Lemonade	Kids	10	0	0	0	0	0	0	0	70	0	2	0	0	0	
Mist TWST	Kids	200	0	0	0	0	0	0	0	40	90	54	0	54	0	

Mountain Dew	Kids	220	0	0	0	0	0	0	0	70	10	58	0	58	0
Mountain Dew Code Red	Kids	220	0	0	0	0	0	0	0	70	10	62	0	62	0
Mug Root Beer	Kids	200	0	0	0	0	0	0	0	30	20	52	0	52	0
Pepsi	Kids	200	0	0	0	0	0	0	0	40	0	56	0	56	0
Pepsi Max	Kids	0	0	0	0	0	0	0	0	50	90	0	0	0	0
Pibb Xtra	Kids	190	0	0	0	0	0	0	0	55	0	52	0	52	0
Sierra Mist	Kids	200	0	0	0	0	0	0	0	40	90	54	0	54	0
SoBe Lifewater Yumberry Pomegranate	Kids	0	0	0	0	0	0	0	0	60	70	0	0	0	0
Sprite	Kids	200	0	0	0	0	0	0	0	45	0	50	0	44	0
Sun Orchard Lemonade	Kids	240	0	0	0	0	0	0	0	0	0	66	0	62	0
Sweet Tea	Kids	170	0	0	0	0	0	0	0	15	180	44	0	43	0
Tropicana Fruit Punch	Kids	220	0	0	0	0	0	0	0	50	200	60	0	60	0
Tropicana Lemonade	Kids	200	0	0	0	0	0	0	0	210	0	54	0	54	0
Tropicana Pink Lemonade	Kids	200	0	0	0	0	0	0	0	210	0	54	0	54	0
Tropicana Twister Orange	Kids	220	0	0	0	0	0	0	0	50	40	62	0	60	0
Unsweetened Tea	Kids	0	0	0	0	0	0	0	0	15	180	1	0	0	0
Barq's Root Beer	Regular	300	0	0	0	0	0	0	0	125	0	83	0	81	0
Caffeine Free Diet Pepsi	Regular	0	0	0	0	0	0	0	0	70	95	0	0	0	0
Coca Cola	Regular	270	0	0	0	0	0	0	0	85	0	74	0	74	0
Coca Cola Cherry	Regular	270	0	0	0	0	0	0	0	65	0	77	0	77	0
Diet Coca Cola	Regular	0	0	0	0	0	0	0	0	75	0	0	0	0	0
Diet Dr. Pepper	Regular	0	0	0	0	0	0	0	0	110	0	0	0	0	0
Diet Mountain Dew	Regular	0	0	0	0	0	0	0	0	110	125	0	0	0	0
Diet Pepsi	Regular	0	0	0	0	0	0	0	0	70	95	0	0	0	0
Dr. Pepper	Regular	270	0	0	0	0	0	0	0	110	0	73	0	70	0
Fanta Strawberry	Regular	310	0	0	0	0	0	0	0	25	0	85	0	85	0
Hi C Fruit Punch	Regular	290	0	0	0	0	0	0	0	25	0	77	0	77	0
Mello Yellow	Regular	310	0	0	0	0	0	0	0	80	0	86	0	86	0
Minute Maid Lemonade	Regular	250	0	0	0	0	0	0	0	180	35	69	0	66	0
Minute Maid Light Lemonade	Regular	15	0	0	0	0	0	0	0	95	0	3	0	0	0
Mist TWST	Regular	280	0	0	0	0	0	0	0	55	125	74	0	74	0
Mountain Dew	Regular	300	0	0	0	0	0	0	0	95	15	80	0	80	0
Mountain Dew Code Red	Regular	300	0	0	0	0	0	0	0	95	15	85	0	85	0
Mug Root Beer	Regular	280	0	0	0	0	0	0	0	40	25	72	0	72	0
Pepsi	Regular	280	0	0	0	0	0	0	0	55	0	77	0	77	0
Pepsi Max	Regular	0	0	0	0	0	0	0	0	70	125	0	0	0	0
Pibb Xtra	Regular	260	0	0	0	0	0	0	0	75	0	71	0	71	0
SoBe Lifewater Yumberry Pomegranate	Regular	0	0	0	0	0	0	0	0	80	95	0	0	0	0
Sprite	Regular	270	0	0	0	0	0	0	0	60	5	69	0	61	0
Sun Orchard Lemonade	Regular	330	0	0	0	0	0	0	0	0	0	91	0	85	0
Sweet Tea	Regular	230	0	0	0	0	0	0	0	20	240	61	0	59	0
Tropicana Fruit Punch	Regular	300	0	0	0	0	0	0	0	70	280	83	0	83	0
Tropicana Lemonade	Regular	280	0	0	0	0	0	0	0	290	0	74	0	74	0
Tropicana Pink Lemonade	Regular	280	0	0	0	0	0	0	0	290	0	74	0	74	0
Tropicana Twister Orange	Regular	300	0	0	0	0	0	0	0	70	55	85	0	83	0
Unsweetened Tea	Regular	5	0	0	0	0	0	0	0	20	240	2	0	0	0
Pepsi Zero	Regular	0	0	0	0	0	0	0	0	50	70	0	0	0	0
Pepsi Zero	Large	0	0	0	0	0	0	0	0	100	140	0	0	0	0
Barq's Root Beer	Large	430	0	0	0	0	0	0	0	180	0	120	0	118	0
Caffeine Free Diet Pepsi	Large	0	0	0	0	0	0	0	0	100	140	0	0	0	0
Coca Cola	Large	400	0	0	0	0	0	0	0	120	0	108	0	108	0
Coca Cola Cherry	Large	400	0	0	0	0	0	0	0	95	0	112	0	112	0
Diet Coca Cola	Large	0	0	0	0	0	0	0	0	110	0	0	0	0	0
Diet Dr. Pepper	Large	0	0	0	0	0	0	0	0	160	0	0	0	0	0
Diet Mountain Dew	Large	0	0	0	0	0	0	0	0	160	180	0	0	0	0
Diet Pepsi	Large	0	0	0	0	0	0	0	0	100	140	0	0	0	0
Dr. Pepper	Large	400	0	0	0	0	0	0	0	160	0	106	0	102	0
Fanta Strawberry	Large	450	0	0	0	0	0	0	0	35	0	124	0	124	0
Hi C Fruit Punch	Large	420	0	0	0	0	0	0	0	35	0	112	0	112	0

Mello Yellow	Large	450	0	0	0	0	0	0	0	0	120	0	125	0	125	0
Minute Maid Lemonade	Large	360	0	0	0	0	0	0	0	0	260	50	100	0	96	0
Minute Maid Light Lemonade	Large	20	0	0	0	0	0	0	0	0	140	0	4	0	0	0
Mist TWST	Large	400	0	0	0	0	0	0	0	0	80	180	108	0	108	0
Mountain Dew	Large	440	0	0	0	0	0	0	0	0	140	20	116	0	116	0
Mountain Dew Code Red	Large	440	0	0	0	0	0	0	0	0	140	20	124	0	124	0
Mug Root Beer	Large	400	0	0	0	0	0	0	0	0	60	40	104	0	104	0
Pepsi	Large	400	0	0	0	0	0	0	0	0	80	0	112	0	112	0
Pepsi Max	Large	0	0	0	0	0	0	0	0	0	100	180	0	0	0	0
Pibb Xtra	Large	370	0	0	0	0	0	0	0	0	105	0	104	0	104	0
SoBe Lifewater Yumberry Pomegranate	Large	0	0	0	0	0	0	0	0	0	120	140	0	0	0	0
Sprite	Large	390	0	0	0	0	0	0	0	0	90	10	100	0	89	0
Sun Orchard Lemonade	Large	480	0	0	0	0	0	0	0	0	0	0	132	0	124	0
Sweet Tea	Large	340	0	0	0	0	0	0	0	0	30	350	88	0	85	0
Tropicana Fruit Punch	Large	440	0	0	0	0	0	0	0	0	100	400	120	0	120	0
Tropicana Lemonade	Large	400	0	0	0	0	0	0	0	0	420	0	108	0	108	0
Tropicana Pink Lemonade	Large	400	0	0	0	0	0	0	0	0	420	0	108	0	108	0
Tropicana Twister Orange	Large	440	0	0	0	0	0	0	0	0	100	80	124	0	120	0
Unsweetened Tea	Large	10	0	0	0	0	0	0	0	0	30	350	3	0	0	0
Bottled Water	1 bottle	0	0	0	0	0	0	0	0	0	20	5	0	0	0	0
Coffee	Regular	0	0	0	0	0	0	0	0	0	5	170	0	0	0	0
Coffee	Large	0	0	0	0	0	0	0	0	0	10	230	0	0	0	1
Decaf Coffee	Regular	0	0	0	0	0	0	0	0	0	5	190	0	0	0	0
Decaf Coffee	Large	0	0	0	0	0	0	0	0	0	10	260	0	0	0	0
2% Milk	1 cup	120	45	5	3	0	0	2.5	20	115	340	12	0	12	8	
Skim Milk	1 cup	80	0	0	0	0	0	0	5	105	380	12	0	12	8	
Whole Milk	1 cup	150	70	8	4.5	0	0	2	25	105	320	12	0	13	8	
Country Time Lemonade	1 gallon	1780	0	0	0	0	0	0	0	380	40	452	0	449	0	
Minute Maid Lemonade	1 gallon	1760	0	0	0	0	0	0	0	240	0	464	0	448	0	
Minute Maid Lemonade	1/2 gallon	880	0	0	0	0	0	0	0	120	0	232	0	224	0	
Sweet Tea	1 gallon	1350	0	0	0	0	0	0	0	115	1410	352	0	340	0	
Sweet Tea	1/2 gallon	680	0	0	0	0	0	0	0	60	700	176	0	170	0	
Tropicana Lemonade	1 gallon	1600	0	0	0	0	0	0	0	1680	0	432	0	432	0	
Tropicana Lemonade	1/2 gallon	800	0	0	0	0	0	0	0	840	0	216	0	216	0	
Tropicana Pink Lemonade	1 gallon	1600	0	0	0	0	0	0	0	1680	0	432	0	432	0	
Tropicana Pink Lemonade	1/2 gallon	800	0	0	0	0	0	0	0	840	0	216	0	216	0	
Unsweetened Tea	1 gallon	40	0	0	0	0	0	0	0	115	1400	11	0	0	0	
Unsweetened Tea	1/2 gallon	20	0	0	0	0	0	0	0	55	700	6	0	0	0	
Vitamin Water Power C Dragonfruit	1 bottle	120	0	0	0	0	0	0	0	0	0	32	0	32	0	
Vitamin Water Revive Fruit Punch	1 bottle	120	0	0	0	0	0	0	0	0	870	32	0	32	0	
Vitamin Water XXX Acai-Blueberry Pomegranate	1 bottle	120	0	0	0	0	0	0	0	0	0	33	0	32	0	
Vitamin Water Zero Squeezed	1 bottle	0	0	0	0	0	0	0	0	0	0	5	0	0	0	
Diet Pepsi 2-liter	2-Liter	0	0	0	0	0	0	0	0	210	300	0	0	0	0	
Mountain Dew 2-liter	2-Liter	960	0	0	0	0	0	0	0	340	0	260	0	260	0	
Pepsi 2-liter	2-Liter	850	0	0	0	0	0	0	0	170	0	232	0	232	0	
Sprite 2-liter	2-Liter	780	0	0	0	0	0	0	0	370	0	217	0	217	0	
Breakfast																
Bacon	Regular	90	70	8	2.5	0	0	0	10	260	0	0	0	0	3	
Bacon	Large	170	140	16	5	0	0	0	15	520	0	0	0	0	7	
Bacon Breakfast Biscuit	1 biscuit	390	230	26	10	0	4.5	4.5	10	910	0	31	0	3	8	
Bacon, Egg & Cheese Biscuit	1 biscuit	540	340	39	15	0	7	7	210	1220	60	31	0	3	16	
Biscuit Sandwich: Add Cheese	1 slice	50	40	4.5	2.5	0	0	0	15	260	0	0	0	0	2	
Biscuit Sandwich: Add Fried Egg	1 egg	100	70	8	2.5	0	2.5	2.5	190	65	60	0	0	0	6	
Breakfast Biscuit	1 biscuit	300	160	18	8	0	4.5	4.5	0	650	0	31	0	3	5	
Chicken Biscuit	1 biscuit	560	290	32	11	0	11	7	55	1180	180	40	0	3	27	
Chicken Filet	1 piece	260	130	15	3.5	0	7	2.5	55	540	180	10	0	0	22	
Gravy Biscuit	1 biscuit	390	210	23	9	0	4.5	4.5	0	1040	0	40	0	4	5	
Hash Browns	1 hash brown	80	60	7	2	0	2	0.5	0	110	90	6	0	0	0	
Hash Browns	2 hash browns	170	120	13	3.5	0	4	1	0	220	180	12	0	0	1	

Orange Juice	1 bottle	140	0	0	0	0	0	0	0	20	560	33	0	28	2
Pork Chop	1 piece	290	170	19	3	0	6	1.5	0	300	0	16	0	0	11
Pork Chop Biscuit	1 biscuit	590	330	37	9	0	4.5	4.5	0	940	0	47	0	3	16
Sausage	Regular	190	140	16	5	0	0	0	45	500	0	0	0	0	11
Sausage	Large	380	280	32	10	0	0	0	90	1000	0	0	0	0	22
Sausage Biscuit	1 biscuit	490	300	34	13	0	4.5	4.5	45	1150	0	31	0	3	16
Sausage Gravy Biscuit	1 biscuit	420	230	25	10	0	4.5	4.5	5	1110	0	40	0	4	6
Scrambled Eggs	Regular	160	120	13	3	0	4.5	1.5	210	290	0	1	0	0	8
Scrambled Eggs	Large	310	240	27	6	0	9	3.5	420	580	0	2	0	0	16
Steak Biscuit	1 biscuit	610	360	40	14	0.5	11	10	35	940	0	48	0	3	15
Super Cinnamon Swirl	1 swirl	660	280	32	13	0	6	2.5	0	1280	0	86	2	44	8

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

**Some items are not available at all locations.*

The nutrition information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulation may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.