



SERVING SIZE  
 Calories as served  
 TOTAL FAT (g)  
 SATURATED FAT (g)  
 TRANS FAT (g)  
 CHOLESTEROL (mg)  
 SODIUM (mg)  
 CARBOHYDRATES (g)  
 DIETARY FIBER (g)  
 SUGAR (g)  
 PROTEIN (g)  
 VITAMIN A (%DV)  
 IRON (%DV)  
 VITAMIN C (%DV)  
 CALCIUM (%DV)

**Fresh Homemade Char-Grilled Hamburgers**

Small 1/8 lb		3.2 oz (90.4 g)	245	8	3	1	37	309	27	0	4	14	0	0	1115
Regular 1/4 lb		4.4 oz (125 g)	328	14	5	1	66	340	27	0	4	22	0	0	1121
Huge 1/2 lb		7.2 oz (202.6 g)	516	26	10	2	132	410	27	0	4	40	0	0	1134
Big Double™		6.5 oz (184.5 g)	311	13	4	1	60	126	27	0	4	20	0	0	20
Everything	Add	2 oz (56.6 g)	91	8	1	0	4	301	5	1	3	1	1	2	0 1
Cook Out® Style	Add	4.5 oz (126.8 g)	123	5	1	0	9	518	7	1	4	3	4	5	1 2
Out West Style	Add	2.46 oz (69.6 g)	202	18	5	0	26	682	4	0	2	8	1	3	0 0
Steak Style	Add	2.6 oz (73.5 g)	91	8	1	0	4	141	5	1	2	1	20	9	0 1
Cheddar Style	Add	3 oz (85.5 g)	233	20	5	0	28	729	5	0	1	8	0	2	1 0

**Char-Grilled Chicken Breast**

Char-Grilled Chicken Breast		6.67 oz (189.2 g)	377	17	3	0	59	575	29	0	5	25	25	7	1113
Orginal Style	Add	.21 oz (6 g)	393	18	3	0	60	624	31	0	7	25	25	7	1113
Barbeque Style	Add	0.8 oz (22.1 g)	376	17	3	0	59	714	29	0	5	25	6	1	1012
Cajun Style	Add	1.68 oz (47.8 g)	377	0	0	0	0	155	1	0	0	0	2	2	0 0
Club Style	Add	2.9 oz (84 oz)	565	17	3	0	59	575	29	0	5	25	25	7	1113
Cheddar Style	Add	3 oz (85.5 g)	534	30	7	0	83	1245	32	0	5	33	5	2	1112

**Hot Crispy Spicy Chicken Breast Fillet**

Spicy Chicken Breast		5.61 oz (159 g)	446	18	3	0	39	1158	45	2	5	21	24	9	12 17
Cheese Style	Add	3 oz (85.5 g)	634	35	10	0	81	1942	46	2	5	32	28	9	32 17

**Chopped Pork Barbeque**

Reg BBQ Sandwich		8.8 oz (249.5 g)	368	12	3	0	66	1103	35	1	9	29	5	5	15 18
BBQ Plate		17.3 oz (491.6 g)	976	43	10	0	96	2445	105	10	21	35	6	19	21 29

**Char-Grilled Hot Dogs**

Hot Dog		2.9 oz (81 g)	260	15	5	0	25	600	22	0	3	8	0	5	8 6
Cook Out® Style Hot Dog		6.2 oz (176 g)	383	20	6	0	34	1118	29	1	7	11	4	10	9 8
Mexi Hot Dog		7.3 oz (207.8 g)	385	19	6	0	36	1352	29	1	5	12	26	16	9 9
Bacon Cheddar Hot Dog		4.62 oz (131 g)	523	29	9	0	49	1494	47	0	6	19	0	5	1 7

**Crispy Chicken Wraps**

Cajun Wrap		6 oz(170g)	501	27	11	0	54	1285	44	2	0	25	5	0	3510
Ranch Wrap		6.1 oz(174.2g)	522	29	12	0	56	1273	44	2	0	25	5	0	3510
Honey Mustard Wrap		6.2 oz(175.2g)	517	28	11	0	55	1279	46	2	2	25	5	0	3510

**Homemade Style Chicken Strips**

Chicken Strips (3)		8.25 oz (234 g)	660	33	5	0	60	2130	60	3	0	36	0	0	6 6
Chicken Strip Sandwich		11.6 oz (330 g)	674	32	4	0	45	1804	71	2	7	28	20	7	1 4
Chicken Strip Club	Add	1.45 oz (41 g)	846	48	11	0	86	2539	70	2	5	39	24	7	3 4

**Quesadillas**

	<b>Cheese</b>	3.5 oz (98.2g)	355	23	11	0	39	644	24	1	1	13	6	0	339		
	<b>Chicken</b>	4.3 oz (123g)	449	28	12	0	54	788	31	1	2	19	12	2	3612		
	<b>Beef</b>	4.5 oz (126.5g)	514	29	13	0	63	845	42	1	3	22	6	0	4019		
<b>Sides/Other Menu Items</b>																	
	<b>Onion Rings Full Order</b>	4.9 oz (138g)	256	2	0	0	0	656	56	3	6	6	0	6	0	3	
	<b>Onion Rings Side</b>	2.4 oz (69g)	128	1	0	0	0	328	28	2	3	3	0	3	0	2	
	<b>Chicken Nuggest Full Order</b>	2.9 oz (81.7g)	240	18	4	0	95	540	12	0	0	16	0	0	0	8	
	<b>Chicken Nuggets Side</b>	1.7 oz (49g)	144	11	2	0	57	324	7	0	0	10	0	0	0	5	
	<b>BLT Sandwich</b>	4.3 oz (123g)	392	25	7	0	37	1054	29	0	5	15	20	7	1	0	
	<b>Bacon Ranch Wrap</b>	2.62 oz (41g)	419	28	14	0	58	1047	24	1	0	20	5	0		338	
	<b>Corn Dog</b>	2.7 oz (76g)	220	11	4	0	20	440	26	0	7	5	0	2	2	6	
	<b>Cheese Dog</b>	2.3 oz (66g)	146	3	1	0	2	410	25	0	3	3	0	0	9	6	
	<b>Mustard Relish Hot Dog</b>	3.6 oz (102g)	394	16	5	0	25	1021	50	0	10	11	4	5	1	6	
	<b>Side of Chili</b>	3.5 oz (98g)	164	3	1	0	17	917	4	1	2	5	8	4	0	4	
	<b>Side of Slaw</b>	4 oz (113.4g)	405	32	5	0	16	434	30	1	29	0	2	10	1	1	
	<b>Hushpuppies Full Order</b>	6 oz (170.2g)	600	18	5	0	30	1440	93	9	21	3	0	0	3	0	
	<b>Hushpuppies Side</b>	3 oz (85.1g)	300	9	2	0	15	720	47	5	11	2	0	0	1	5	
	<b>Large Fries</b>	8.4 oz (238.1g)	694	34	6	0	0	1374	89	9	1	7	0	24	0	1	
	<b>Regular Fries</b>	4.2 oz (119.8g)	347	17	3	0	0	687	45	4	0	4	0	12	0	5	
	<b>Cook Out Fries</b>	6.9 oz (195.8g)	465	21	4	0	11	1335	49	5	1	7	4	14	1	7	
	<b>Okra</b>	2.95 oz (84g)	228	13	2	0	0	665	26	2	3	3	0	4	4	2	
	<b>Cook Out Rounds Full Order</b>	4.90 oz (139g)	298	17	4	0	25	745	30	5	2	8	7	0	1	7	
	<b>Cook Out Rounds Side</b>	2.45 oz (69.50g)	149	8	2	0	12	372	15	2	1	4	3	0	8	2	
	<b>Cheese Curds Full Order</b>	3.00 oz (85g)	299	19	11	0	63	560	14	0	1	16	14	0	4	3	
	<b>Cheese Curds Side</b>	1.50 oz (42.50g)	150	10	5	0	31	280	7	0	0	8	7	0	2	2	
<b>Beverages</b>																	
	<b>Coca-Cola®</b>	<b>Huge</b>	32 oz (907.2g)	280	0	0	0	0	0	78	0	78	0	0	0	0	0
		<b>Large</b>	24 oz (680.4g)	210	0	0	0	0	0	59	0	59	0	0	0	0	0
		<b>Regular</b>	16 oz (453.6g)	140	0	0	0	0	0	39	0	39	0	0	0	0	0
		<b>Small</b>	12 oz (340.19g)	105	0	0	0	0	0	29	0	29	0	0	0	0	0
	<b>Diet Coke®</b>	<b>Huge</b>	32 oz (907.2g)	0	0	0	0	0	20	0	0	0	0	0	0	0	0
		<b>Large</b>	24 oz (680.4g)	0	0	0	0	0	15	0	0	0	0	0	0	0	0
		<b>Regular</b>	16 oz (453.6g)	0	0	0	0	0	10	0	0	0	0	0	0	0	0
		<b>Small</b>	12 oz (340.19g)	0	0	0	0	0	8	0	0	0	0	0	0	0	0
	<b>Coca-Cola® Zero</b>	<b>Huge</b>	32 oz (907.2g)	0	0	0	0	0	16	0	0	0	0	0	0	0	0
		<b>Large</b>	24 oz (680.4g)	0	0	0	0	0	12	0	0	0	0	0	0	0	0
		<b>Regular</b>	16 oz (453.6g)	0	0	0	0	0	8	0	0	0	0	0	0	0	0
		<b>Small</b>	12 oz (340.19g)	0	0	0	0	0	6	0	0	0	0	0	0	0	0
	<b>Sprite®</b>	<b>Huge</b>	32 oz (907.2g)	289	0	0	0	0	65	65	0	65	0	0	0	0	0
		<b>Large</b>	24 oz (680.4g)	222	0	0	0	0	50	50	0	50	0	0	0	0	0
		<b>Regular</b>	16 oz (453.6g)	139	0	0	0	0	31	31	0	31	0	0	0	0	0
		<b>Small</b>	12 oz (340.19g)	104	0	0	0	0	23	23	0	23	0	0	0	0	0
	<b>Pibb® Xtra</b>	<b>Huge</b>	32 oz (907.2g)	290	0	0	0	0	45	79	0	79	0	0	0	0	0
		<b>Large</b>	24 oz (680.4g)	218	0	0	0	0	34	59	0	59	0	0	0	0	0
		<b>Regular</b>	16 oz (453.6g)	145	0	0	0	0	23	40	0	40	0	0	0	0	0
		<b>Small</b>	12 oz (340.19g)	109	0	0	0	0	17	30	0	30	0	0	0	0	0
	<b>Mellow Yellow</b>	<b>Huge</b>	32 oz (907.2g)	288	0	0	0	0	32	77	0	77	0	0	0	0	0
		<b>Large</b>	24 oz (680.4g)	209	0	0	0	0	23	56	0	56	0	0	0	0	0
		<b>Regular</b>	16 oz (453.6g)	144	0	0	0	0	16	38	0	38	0	0	0	0	0

	Small	12 oz (340.19 g)	108	0	0	0	0	12	29	0	29	0	0	0	0
Fanta Orange®	Huge	32 oz (907.2 g)	302	0	0	0	0	86	89	0	88	0	0	0	0
	Large	24 oz (680.4 g)	227	0	0	0	0	65	67	0	66	0	0	0	0
	Regular	16 oz (453.6 g)	151	0	0	0	0	43	45	0	44	0	0	0	0
	Small	12 oz (340.19 g)	113	0	0	0	0	32	33	0	33	0	0	0	0
Hi-C® Poppin' Pink Lemonade	Huge	32 oz (907.2 g)	280	0	0	0	0	130	73	0	73	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	98	55	0	55	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	65	37	0	37	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	49	27	0	27	0	0	0	0
Hi-C® Fruit Punch	Huge	32 oz (907.2 g)	317	0	0	0	0	108	89	0	88	0	0	0	0
	Large	24 oz (680.4 g)	238	0	0	0	0	81	67	0	66	0	0	0	0
	Regular	16 oz (453.6 g)	158	0	0	0	0	54	45	0	44	0	0	0	0
	Small	12 oz (340.19 g)	119	0	0	0	0	41	33	0	33	0	0	0	0
Fresh Brewed Sweet Tea	Huge	32 oz (907.2 g)	330	0	0	0	0	2	148	0	148	0	0	0	2
	Large	24 oz (680.4 g)	248	0	0	0	0	1	111	0	111	0	0	0	1
	Regular	16 oz (453.6 g)	236	0	0	0	0	1	74	0	74	0	0	0	1
	Small	12 oz (340.19 g)	177	0	0	0	0	1	56	0	55	0	0	0	0
Fresh Brewed Tea	Huge	32 oz (907.2 g)	0	0	0	0	0	2	0	0	0	0	0	0	0
	Large	24 oz (680.4 g)	0	0	0	0	0	1	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	1	0	0	0	0	0	0	0
	Small	12 oz (340.19 g)	0	0	0	0	0	1	0	0	0	0	0	0	0
Dr. Pepper®	Huge	32 oz (907.2 g)	280	0	0	0	0	90	74	0	70	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	68	56	0	53	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	45	37	0	35	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	34	28	0	26	0	0	0	0
Cheerwine®	Huge	32 oz (907.2 g)	288	0	0	0	0	49	81	0	81	0	0	0	0
	Large	24 oz (680.4 g)	216	0	0	0	0	37	60	0	60	0	0	0	0
	Regular	16 oz (453.6 g)	144	0	0	0	0	24	40	0	40	0	0	0	0
	Small	12 oz (340.19 g)	108	0	0	0	0	18	30	0	30	0	0	0	0
Powerade® Mountain Blast	Huge	32 oz (907.2 g)													
	Large	24 oz (680.4 g)	149	0	0	0	0	149	40.5	0	41	0	0	0	0
	Regular	16 oz (453.6 g)	109	0	0	0	0	109	29.5	0	29	0	0	0	0
	Small	12 oz (340.19 g)	74.7	0	0	0	0	74.7	20.3	0	20	0	0	0	0
		16 oz (453.59 g)	56	0	0	0	0	56	15.2	0	15	0	0	0	0
Coke® Float		16 oz (453.59 g)	399	11	7	0	37	293	69	0	67	10	35	4	33
Cheerwine® Float		16 oz (453.59 g)	401	11	7	0	37	303	69	0	67	10	35	4	33

### Fancy Milkshakes

Vanilla	32.9 oz (934g)	555	18	11	0	59	469	86	0	8316	55	6	53	0
Hershey's® Chocolate	32.9 oz (934g)	620	18	11	0	59	484	110	0	10316	55	6	53	0
Strawberry	32.8oz (929.6 g)	610	17	10	0	55	455	105	0	9915	52	21	50	0
Fresh Banana	30.9 oz (876.3 g)	538	16	9	0	51	412	89	2	8015	50	14	47	1
Banana Berry	33.6 oz (952.8 g)	671	16	9	0	51	440	123	3	11115	50	30	47	2
Banana Nut	32.1 oz (907.8 g)	704	27	11	0	51	412	103	3	9215	50	14	47	2
Banana Fudge	33.5 oz (950.3 g)	772	24	16	0	51	470	130	2	11117	50	14	51	4
Banana Pineapple	32 oz (907.3 g)	566	16	9	0	51	412	96	2	8615	50	19	47	1
Banana Pudding	34.7 oz (928.3 g)	781	26	12	0	141	611	126	2	9916	50	14	47	7
Blueberry	32.9 oz (933.6 g)	617	17	10	0	55	464	107	0	10115	52	22	50	0
Chocolate Cherry	32.3 oz (914.6 g)	665	17	10	0	55	472	123	2	11615	52	6	50	2
Red Cherry	32.3 oz (916.6 g)	600	17	10	0	55	457	99	2	9615	52	6	50	2
Fresh Peanut Butter	32.8 oz (930.6 g)	847	45	15	0	55	698	91	3	8327	52	6	50	3
Peanut Butter Banana	32.8 oz (931.3 g)	864	43	14	0	51	669	99	5	8527	50	14	47	4

<b>Peanut Butter Fudge</b>	33.2 oz (940.6 g)	765	34	15	0	51	569	101	2	9121	49	6	49	4
<b>Cappuccino</b>	31.9 oz (904 g)	555	18	11	0	59	469	86	0	8316	55	6	53	0
<b>Caramel Fudge</b>	32.8 oz (928.6 g)	677	21	13	0	55	509	111	0	10216	52	6	52	2
<b>Caramel</b>	33.51 oz (950 g)	560	17	10	0	55	480	91	0	8715	52	6	50	0
<b>Pineapple</b>	33 oz (937.6 g)	575	17	10	0	55	440	94	1	9116	52	16	51	0
<b>Snickers®</b>	32.4 oz (917.6 g)	720	27	14	0	65	540	107	0	10019	52	6	54	0
<b>Hi-C Punch®</b>	31.9 oz (904 g)	598	17	10	0	55	447	102	0	9915	52	6	50	0
<b>Walnut</b>	33.1 oz (938.6 g)	853	40	13	0	55	440	109	4	10315	52	6	50	4
<b>Oreo®</b>	33 oz (935.6 g)	802	29	14	0	55	678	125	2	10317	52	6	50	14
<b>M&amp;M®</b>	32.6 oz (924.6 g)	755	27	16	0	65	469	114	2	10717	52	6	54	0
<b>Oreo® Mint</b>	33 oz (935.6 g)	853	29	14	0	55	678	138	2	11517	52	6	50	14
<b>Peach</b>	32.7 oz (925.6 g)	547	17	10	0	55	442	91	0	8615	54	8	50	0
<b>Chocolate Chip</b>	34.46 oz (977 g)	783	32	20	0	64	472	107	4	10318	55	6	53	43
<b>Chocolate Chip Mint</b>	35 oz (993 g)	834	32	20	0	64	472	120	4	11518	55	6	53	43
<b>Chocolate Nut</b>	33.4 oz (946.1 g)	752	28	11	0	55	455	119	2	11015	52	6	50	2
<b>Mocha</b>	35.32oz (1001.4 g)	620	18	11	0	59	484	110	0	10316	55	6	53	0
<b>Peach Cobbler</b>	34.5 (977.6 g)	790	27	13	0	145	641	127	0	10517	54	8	50	7
<b>Reese's® Cup</b>	33.4 oz (947.6 g)	894	37	19	0	55	699	121	3	11524	52	6	56	6
<b>Orange Push Up</b>	33.95 oz (962.4 g)	638	18	11	0	59	469	109	0	10616	55	101	53	0
<b>Cherry Cobbler</b>	34.2 oz (968.6 g)	842	27	13	0	145	656	135	2	11517	52	6	50	9
<b>Chocolate Malt</b>	34.7 oz (985 g)	671	19	11	0	62	541	119	0	10917	55	6	56	0
<b>Heath® Toffee</b>	32.1 oz (909.6 g)	701	28	16	0	66	565	101	0	9815	52	6	50	0
<b>Cherry Cheesecake</b>	34 oz (964.3 g)	925	42	23	1	171	698	119	2	11521	59	6	55	4
<b>Double Chocolate</b>	33.6 oz (953.6 g)	651	17	10	0	55	470	129	0	11815	52	6	50	0
<b>Fresh Watermelon</b>	35 oz (992.3 g)	645	16	9	0	51	413	89	1	8415	55	23	48	2
<b>Philadelphia® Cheesecake</b>	32.6 oz (923.3 g)	845	42	23	1	171	681	101	0	9721	59	6	55	2
<b>Nilla® Wafers</b>	32.7 oz (927.6 g)	763	27	13	0	145	639	117	0	9717	52	6	50	7
<b>Mint</b>	33.5 oz (950 g)	605	18	11	0	59	469	99	0	9616	55	6	53	0
<b>Malted Milk</b>	33.4 oz (946 g)	606	19	11	0	62	526	95	0	8917	55	6	56	0
<b>Fudge</b>	33.5 oz949.6 g)	754	25	17	0	55	498	122	0	10917	52	6	54	4