

NUTRITIONAL GUIDE

UPDATED: 4/5/2019



This information is comprised by data obtained by our suppliers and independent laboratories. Variations in nutritional values may occur due to the handcrafted nature of our menu items, along with changes in ingredients and procedures.

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
PARTY STARTERS												
Big O' Rings (Half Order)	Yes	610	400	44	8	0	0	730	47	3	4	6
+ Bubba Sauce (2 oz)	Yes	250	130	15	4	0	20	530	30	0	26	less than 1
+ Ranch Dressing (2 oz)	Yes	230	220	25	3.5	0	10	280	3	0	less than 1	0
Big O' Rings (Full Order)	Yes	1210	800	87	16	0	less than 5	1450	95	6	9	13
+ Bubba Sauce (3 oz)	Yes	380	200	22	6	0	25	790	45	0	39	less than 1
+ Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1
Bubba's Fiesta Dip	Yes	1140	620	69	26	1.5	135	1970	87	21	8	44
Chicken Nachos	Yes	1350	710	79	34	0.5	245	2460	87	13	7	73
Chorizo Queso Dip	Yes	1100	540	61	21	0	70	2500	113	16	9	24
Crispy Fried Pickles	Yes	970	580	64	12	0	less than 5	4530	87	8	2	12
+ Bubba Sauce (3 oz)	Yes	380	200	22	6	0	25	790	45	0	39	less than 1
+ Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1
Crooked Fried Cheese	Yes	650	320	36	14	0	60	2060	58	2	2	25
+ Marinara Sauce (3 oz)	Yes	50	0	0	0	0	0	510	10	2	6	3
Garlic Knots	Yes	490	110	12	2.5	0	0	1080	76	4	4	19
+ Cheese Sauce (3 oz)	Yes	190	140	15	10	0	50	580	5	0	3	9
+ Marinara Sauce (3 oz)	Yes	50	0	0	0	0	0	510	10	2	6	3
Layered Cheese Fries	Yes	1300	750	84	26	0	85	3320	108	8	3	28
+ Chili	Yes	240	110	12	5	0	40	750	17	5	3	16
+ Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1
Shotgun Shrimp (14 pieces)	Yes	1100	810	88	14	0	210	1610	58	5	13	23
MOUTH-WATERING WINGS												
Traditional, Bone-In Wings (includes celery)												
6 Traditional Wings - Plain	Yes	690	370	42	11	0	390	350	2	less than 1	1	78
6 Traditional Wings - BBQ Sauce	Yes	820	370	42	11	0	390	880	34	less than 1	30	78
6 Traditional Wings - Cajun Dry Seasoning	Yes	720	370	42	11	0	390	1000	8	2	4	79
6 Traditional Wings - Garlic Parmesan Sauce	Yes	790	460	51	14	0	395	480	3	less than 1	1	80
6 Traditional Wings - Habañero Chipotle Fire Dry Seasoning	Yes	710	370	42	11	0	390	1320	5	2	2	79
6 Traditional Wings - Habañero Heat Sauce	Yes	730	370	42	11	1.5	390	2080	11	1	9	79
6 Traditional Wings - Hot Sauce	Yes	810	480	54	15	0.5	390	2040	5	1	3	79
6 Traditional Wings - Kickin' Teriyaki Sauce	Yes	860	430	48	13	0	390	1340	30	1	28	79
6 Traditional Wings - Mild Sauce	Yes	840	510	58	16	0	390	2030	2	less than 1	1	78
6 Traditional Wings - Shotgun Sauce	Yes	950	600	67	15	0	400	690	10	1	7	78
+ Bleu Cheese Dressing (2 oz)	Yes	220	210	24	4	0	15	290	3	0	less than 1	1
+ Ranch Dressing (2 oz)	Yes	230	220	25	3.5	0	10	280	3	0	less than 1	0
12 Traditional Wings - Plain	Yes	1380	740	83	22	0	780	700	4	2	2	157
12 Traditional Wings - BBQ Sauce	Yes	1550	730	82	22	0	770	1480	52	2	46	155
12 Traditional Wings - Cajun Dry Seasoning	Yes	1420	730	83	22	0	770	1990	16	3	9	156
12 Traditional Wings - Garlic Parmesan Sauce	Yes	1560	900	101	28	0.5	780	950	5	2	2	158
12 Traditional Wings - Habañero Chipotle Fire Dry Seasoning	Yes	1400	740	83	22	0	770	2640	10	4	3	156
12 Traditional Wings - Habañero Heat Sauce	Yes	1420	730	83	22	2	770	3280	18	3	14	155
12 Traditional Wings - Hot Sauce	Yes	1540	890	100	28	1	770	3230	8	2	5	155
12 Traditional Wings - Kickin' Teriyaki Sauce	Yes	1620	820	92	25	0.5	770	2180	46	2	42	156
12 Traditional Wings - Mild Sauce	Yes	1580	950	106	29	0.5	775	3210	5	2	2	155
12 Traditional Wings - Shotgun Sauce	Yes	1750	1080	120	27	0	785	1210	16	2	10	155
+ Bleu Cheese Dressing (3 oz)	Yes	340	320	36	6	0	20	440	4	0	less than 1	2
+ Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1
18 Traditional Wings - Plain	Yes	2070	1110	125	34	0.5	1175	1050	5	2	3	235
18 Traditional Wings - BBQ Sauce	Yes	2270	1080	122	33	0	1145	2080	70	3	61	229
18 Traditional Wings - Cajun Dry Seasoning	Yes	2100	1090	122	33	0	1145	2970	23	5	13	230
18 Traditional Wings - Garlic Parmesan Sauce	Yes	2310	1340	150	42	1	1155	1400	8	3	4	234
18 Traditional Wings - Habañero Chipotle Fire Dry Seasoning	Yes	2070	1100	123	33	0	1145	3950	15	7	5	231
18 Traditional Wings - Habañero Heat Sauce	Yes	2100	1090	122	33	2.5	1145	4480	25	4	19	230
18 Traditional Wings - Hot Sauce	Yes	2260	1300	146	40	1.5	1145	4400	11	3	7	230
18 Traditional Wings - Kickin' Teriyaki Sauce	Yes	2370	1200	135	37	0.5	1145	3010	61	3	56	231
18 Traditional Wings - Mild Sauce	Yes	2310	1370	154	43	1	1145	4380	7	3	4	229
18 Traditional Wings - Shotgun Sauce	Yes	2540	1550	173	40	0	1160	1720	22	3	14	229
+ Bleu Cheese Dressing (3 oz)	Yes	340	320	36	6	0	20	440	4	0	less than 1	2
+ Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1

Some items are not available at all locations. Nutritional values do not include side items unless indicated. 2,000 calories a day is used for general nutritional advice, but calorie needs vary.

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
MOUTH-WATERING WINGS (CONTINUED)												
Boneless Wings (includes celery)												
10 Boneless Wings - Plain	Yes	550	240	26	6	0	200	1100	28	1	2	50
10 Boneless Wings - BBQ Sauce	Yes	740	240	26	6	0	200	1880	76	1	45	50
10 Boneless Wings - Cajun Dry Seasoning	Yes	570	250	27	6	0	200	1130	33	4	2	51
10 Boneless Wings - Garlic Parmesan Sauce	Yes	640	330	36	9	0	205	1220	28	1	2	52
10 Boneless Wings - Habañero Chipotle Fire Dry Seasoning	Yes	560	240	27	6	0	200	2070	31	3	2	50
10 Boneless Wings - Habañero Heat Sauce	Yes	610	240	27	6	1.5	200	3680	42	2	13	50
10 Boneless Wings - Hot Sauce	Yes	730	400	44	11	0.5	200	3630	32	1	5	50
10 Boneless Wings - Kickin' Teriyaki Sauce	Yes	810	330	36	9	0	200	2580	69	2	41	51
10 Boneless Wings - Mild Sauce	Yes	770	460	50	13	0	200	3610	28	1	2	50
10 Boneless Wings - Shotgun Sauce	Yes	940	590	65	11	0	210	1610	40	2	10	50
+ Bleu Cheese Dressing (2 oz)	Yes	220	210	24	4	0	15	290	3	0	less than 1	1
+ Ranch Dressing (2 oz)	Yes	230	220	25	3.5	0	10	280	3	0	less than 1	0
20 Boneless Wings - Plain	Yes	1100	480	53	12	0	400	2200	55	2	3	100
20 Boneless Wings - BBQ Sauce	Yes	1460	470	52	12	0	390	3740	151	2	90	98
20 Boneless Wings - Cajun Dry Seasoning	Yes	1130	480	52	12	0	390	3460	66	4	10	99
20 Boneless Wings - Garlic Parmesan Sauce	Yes	1270	650	71	18	0	400	2420	56	2	3	102
20 Boneless Wings - Habañero Chipotle Fire Dry Seasoning	Yes	1110	480	53	12	0	390	4110	61	5	4	100
20 Boneless Wings - Habañero Heat Sauce	Yes	1200	480	53	12	3.5	390	7340	83	4	27	99
20 Boneless Wings - Hot Sauce	Yes	1440	800	88	23	1.5	395	7220	63	3	9	99
20 Boneless Wings - Kickin' Teriyaki Sauce	Yes	1590	650	72	18	0	395	5130	137	3	82	100
20 Boneless Wings - Mild Sauce	Yes	1520	910	100	26	0.5	395	7180	56	2	3	98
20 Boneless Wings - Shotgun Sauce	Yes	1860	1170	129	22	0	415	3190	78	3	19	98
+ Bleu Cheese Dressing (3 oz)	Yes	340	320	36	6	0	20	440	4	0	less than 1	2
+ Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1
Smoked Chipotle Wings												
Smoked Chipotle Wings (6 wings)	Yes	620	320	35	9	0	345	1010	5	0	1	73
Smoked Chipotle Wings (12 wings)	Yes	1250	640	70	19	0	695	2020	10	less than 1	2	146
Smoked Chipotle Wings (18 wings)	Yes	1870	960	105	28	0	1040	3030	15	1	4	218
FAB FRESH SALADS												
Dinner-Sized Salads												
Bleu Cheese Wedge (1 wedge)	Yes	280	220	24	6	0	30	570	8	2	4	8
Bleu Cheese Wedges (2 wedges)	Yes	550	440	49	13	0	55	1130	15	4	7	17
Chicken Tender Salad	Yes	540	250	27	11	0	265	900	22	4	9	54
Grilled Chicken Salad	Yes	620	270	30	11	0	320	550	27	7	8	62
Kale Quinoa Salad	Yes	360	170	20	5	0	5	670	42	7	20	9
Kale Quinoa Salad with Seasoned Salmon	Yes	780	430	48	12	0	75	1480	57	7	32	34
Salmon Salad - 5 oz	Yes	1060	670	75	29	1	370	1530	42	6	21	57
The Big Salad	Yes	420	250	28	10	0	200	380	26	5	8	17
Dressings												
Balsamic Vinaigrette Dressing (3 oz)	Yes	360	270	30	4	0	0	530	24	0	23	0
Bleu Cheese Dressing (3 oz)	Yes	340	320	36	6	0	20	440	4	0	less than 1	2
Honey French Dressing (3 oz)	No	220	80	8	1	0	0	540	36	0	33	0
Honey Mustard Dressing (3 oz)	Yes	480	430	47	6	0	20	340	16	0	11	0
Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1
BIG & BOLD BURGERS (Original or Fire Fries not included)												
Bacon Burger - Single	Yes	1070	650	72	28	1	160	2380	53	3	20	52
Bacon Burger - Double	Yes	1440	880	98	38	1.5	260	2860	56	4	20	84
Bacon Guacamole Burger	Yes	1020	620	70	26	1	145	2020	42	6	7	55
Black Bean Veggie Burger	Yes	840	430	49	17	0	80	2140	82	10	24	21
+ Spicy Style - with Fried Jalapeno Cream Cheese	Yes	350	200	23	10	0	45	830	29	3	5	6
Blackened Bleu Burger	Yes	1220	800	89	29	2	180	4420	46	6	8	61
Classic Cheeseburger - Single	Yes	970	570	64	25	1.5	160	1800	51	2	20	51
Classic Cheeseburger - Double	Yes	1370	810	91	36	3.5	280	2060	52	3	20	90
Fire-Roasted Green Chile Burger	No	1300	690	77	26	1.5	180	1650	67	11	25	68
South of the Border Burger	No	880	510	57	23	2	155	1620	39	3	7	52
Spicy Habañero Burger	Yes	1290	720	81	32	2	180	2900	88	7	29	53
Sunshine Burger	Yes	1020	640	71	27	1	325	3240	40	4	7	56
Wild Shroomin' Burger	Yes	1180	770	86	29	2	155	1910	44	5	6	59
Substitute Angus Beef Patty for Beef & Bacon Grind Patty	Yes	370	230	25	10	0.5	100	480	3	0	0	33

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HAND TOSSED PIZZA												
Pizzas - 12" (6 slices, values by the slice)												
33 Deluxe Pizza - 12"	Yes	290	120	13	6	0	35	820	26	2	3	15
Albuquerque Turkey Pizza - 12"	No	310	140	16	6	0	40	860	25	2	2	16
Buffalo Chicken Pizza - 12"	Yes	260	100	11	4.5	0	35	790	24	2	2	16
Cheese Pizza - 12"	Yes	210	60	7	3.5	0	15	550	25	2	3	11
Fresh Veggie Pizza - 12"	Yes	220	70	8	3.5	0	15	640	26	2	3	11
Goat Cheese Arugula Pizza - 12"	No	240	100	11	4	0	15	520	25	2	3	11
Hawaiian Pizza - 12"	Yes	240	80	9	4	0	25	670	26	2	4	14
Italian Margherita Pizza - 12"	Yes	230	80	9	4.5	0	20	600	25	2	3	12
Meaty Meaty Pizza - 12"	Yes	310	130	15	6	0	40	910	26	2	3	17
Nacho Mama's Pizza - 12"	Yes	260	90	10	5	0	40	590	25	2	2	18
Pepperoni Pizza - 12"	Yes	240	90	10	4.5	0	20	650	25	2	3	12
Extra Toppings - 12"												
Black Olives	Yes	10	10	1	0	0	0	60	less than 1	0	0	0
Bubba's Smoked Bacon	Yes	120	100	10	3.5	0	25	340	0	less than 1	0	7
Canadian Bacon	Yes	20	5	0.5	0	0	10	270	0	0	0	3
Diced Tomatoes	Yes	50	35	4	0.5	0	0	500	3	1	2	less than 1
Extra Cheese	Yes	190	130	14	9	0	45	330	1	0	0	14
Genoa Salami	Yes	160	120	14	6	0	45	670	less than 1	0	0	8
Green Peppers	Yes	0	0	0	0	0	0	0	0	0	0	0
Hot Cherry Peppers	Yes	0	0	0	0	0	0	270	less than 1	0	0	0
Italian Sausage	Yes	310	210	24	9	0	75	1220	3	1	0	20
Pepperoni	Yes	160	130	14	5	0	30	620	0	0	0	6
Pineapple	Yes	25	0	0	0	0	0	0	6	less than 1	6	0
Red Onions	Yes	0	0	0	0	0	0	0	less than 1	0	0	0
Red Peppers	Yes	0	0	0	0	0	0	0	less than 1	0	0	0
Seasoned Chicken	Yes	150	20	2	0.5	0	95	560	less than 1	less than 1	0	33
Seasoned Ground Beef	Yes	230	150	16	7	0.5	65	250	3	2	2	20
Sliced Jalapeños	Yes	0	0	0	0	0	0	0	1	0	less than 1	0
Sliced Mushrooms	Yes	10	0	0	0	0	0	0	1	0	less than 1	1
Smoked Tomatoes	Yes	50	35	4	0.5	0	0	500	3	1	2	less than 1
Pizzas - 16" (8 slices, values by the slice)												
33 Deluxe Pizza - 16"	Yes	310	110	13	6	0	30	710	32	2	2	16
Albuquerque Turkey Pizza - 16"	No	380	170	19	7	0	50	1100	33	2	3	21
Buffalo Chicken Pizza - 16"	Yes	350	140	15	6	0	50	1060	32	2	2	23
Cheese Pizza - 16"	Yes	290	90	10	5	0	25	770	33	2	4	15
Fresh Veggie Pizza - 16"	Yes	310	100	11	5	0	25	890	35	3	4	16
Goat Cheese Arugula Pizza - 16"	No	340	140	16	6	0	25	730	33	2	3	16
Hawaiian Pizza - 16"	Yes	330	110	13	6	0	35	940	35	3	5	19
Italian Margherita Pizza - 16"	Yes	310	110	13	6	0	30	810	33	2	4	17
Meaty Meaty Pizza - 16"	Yes	410	180	20	9	0	50	1220	34	3	4	24
Nacho Mama's Pizza - 16"	Yes	360	120	14	7	0	60	810	33	3	3	25
Pepperoni Pizza - 16"	Yes	330	120	14	7	0	30	930	33	2	4	17
Extra Toppings - 16"												
Black Olives	Yes	25	20	2.5	0	0	0	125	1	0	0	0
Bubba's Smoked Bacon	Yes	250	190	21	7	0	45	680	0	2	0	14
Canadian Bacon	Yes	25	5	1	0	0	10	360	0	0	0	4
Diced Tomatoes	Yes	80	60	7	1	0	0	840	6	2	4	1
Extra Cheese	Yes	380	250	28	18	0	90	660	2	0	less than 1	28
Genoa Salami	Yes	320	250	28	12	0	85	1340	1	0	0	16
Green Peppers	Yes	0	0	0	0	0	0	0	less than 1	0	0	0
Hot Cherry Peppers	Yes	5	0	0	0	0	0	400	1	0	0	0
Italian Sausage	Yes	520	360	40	15	0	130	2040	4	2	less than 1	34
Pepperoni	Yes	320	260	28	11	0	65	1240	0	0	0	13
Pineapple	Yes	50	0	0	0	0	0	0	13	1	12	0
Red Onions	Yes	0	0	0	0	0	0	0	less than 1	0	0	0
Red Peppers	Yes	0	0	0	0	0	0	0	less than 1	0	less than 1	0
Seasoned Chicken	Yes	300	40	4	1.5	0	190	1120	1	2	less than 1	65
Seasoned Ground Beef	Yes	390	250	27	11	1	110	420	4	3	3	33
Sliced Jalapeños	Yes	10	0	0	0	0	0	0	2	less than 1	1	0
Sliced Mushrooms	Yes	15	0	0	0	0	0	0	2	less than 1	1	2
Smoked Tomatoes	Yes	80	60	7	1	0	0	840	6	2	4	1

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
DELISH DINNERS (sides not included)												
BBQ Pulled Pork	No	1280	570	62	20	0	200	2290	114	6	57	66
California Chicken	Yes	440	150	17	7	0	180	890	19	5	14	55
Chicken & Bacon Mac 'n Cheese	Yes	1090	670	73	38	1	280	3840	34	less than 1	9	68
+ Focaccia Bread	Yes	180	80	9	2	0	0	330	20	1	less than 1	5
Chicken Tender Dinner	Yes	500	180	20	4	0	165	1020	16	0	2	64
+ BBQ Sauce (2 oz)	Yes	140	0	0	0	0	0	580	36	0	32	0
+ Honey Mustard Dressing (2 oz)	Yes	320	290	32	4.5	0	15	230	11	0	7	0
+ Ranch Dressing (2 oz)	Yes	230	220	25	3.5	0	10	280	3	0	less than 1	0
Chicken Tender & Fried Shrimp Combo	Yes	550	240	26	5	0	220	1410	25	1	2	54
+ BBQ Sauce (2 oz)	Yes	140	0	0	0	0	0	580	36	0	32	0
+ Ranch Dressing (2 oz)	Yes	230	220	25	3.5	0	10	280	3	0	less than 1	0
+ Honey Mustard Dressing (2 oz)	Yes	320	290	32	4.5	0	15	230	11	0	7	0
+ Cocktail Sauce (2 oz)	Yes	50	0	0	0	0	0	620	13	0	8	0
Chipotle Chicken & Shrimp Pasta	Yes	1480	1070	121	59	0	570	4420	33	1	8	63
+ Focaccia Bread	Yes	180	80	9	2	0	0	330	20	1	less than 1	5
Crunchy Fried Shrimp	Yes	500	260	29	5	0	235	1590	30	2	less than 1	32
+ Cocktail Sauce (2 oz)	Yes	50	0	0	0	0	0	620	13	0	8	0
+ Coleslaw	Yes	500	430	47	6	0	20	480	21	4	12	2
+ Original Fries	Yes	580	270	30	5	0	0	1450	69	5	less than 1	7
Fish & Chips	Yes	430	210	23	4.5	0	115	690	18	2	less than 1	37
+ Tartar Sauce (3 oz)	Yes	360	320	36	5	0	15	490	13	0	8	0
+ Coleslaw	Yes	500	430	47	6	0	20	480	21	4	12	2
+ Original Fries	Yes	580	270	30	5	0	0	1450	69	5	less than 1	7
Grilled Ribeye - 12 oz	Yes	960	650	72	30	6	240	1180	2	4	2	78
Lasagna	Yes	1340	730	81	46	2.5	295	3300	78	10	18	74
+ Focaccia Bread	Yes	180	80	9	2	0	0	330	20	1	less than 1	5
Signature Ribeye - 14 oz	Yes	1430	780	87	36	7	285	5460	87	9	64	95
Seasoned Salmon - 5 oz	Yes	430	250	28	7	0	75	1120	18	1	15	28
Seasoned Salmon - 8 oz	Yes	590	340	38	8	0	120	1710	20	2	16	46
Southern Fried Chicken	Yes	1080	570	63	22	0	235	2570	56	7	13	71
Super Stromboli	Yes	1660	700	78	36	1	230	4390	144	10	11	95
+ Pizza Sauce (3 oz)	Yes	50	0	0	0	0	0	510	10	2	6	3
+ Ranch Dressing (3 oz)	Yes	350	340	37	5	0	20	420	4	0	less than 1	less than 1
HAND CRAFTED SANDWICHES (Original or Fire Fries not included)												
Bacon Avocado Sandwich	Yes	850	350	39	14	0	205	1800	52	9	5	73
Buffalo Chicken Sandwich - Mild Sauce	Yes	960	540	59	17	0.5	165	4050	45	4	6	61
Buffalo Chicken Sandwich - Hot Sauce	Yes	920	480	53	15	1	165	4070	49	4	9	61
Buffalo Chicken Sandwich - Habanero Heat Sauce	Yes	800	320	35	10	2	160	4130	59	5	18	61
+ Bleu Cheese Dressing (2 oz)	Yes	220	210	24	4	0	15	290	3	0	less than 1	1
+ Ranch Dressing (2 oz)	Yes	230	220	25	3.5	0	10	280	3	0	less than 1	0
Chicken Philly	Yes	880	380	42	18	0	145	3620	69	7	11	58
Fried Fish Sandwich	Yes	650	260	29	7	0	80	1710	62	6	6	37
+ Tartar Sauce (3 oz)	Yes	360	320	36	5	0	15	490	13	0	8	0
Hot & Spicy Chicken Sandwich	Yes	970	390	42	13	0	190	3010	76	7	19	71
Philly Cheese Steak	Yes	1010	510	56	24	1	150	2600	68	7	10	61
Pork Tenderloin Sandwich	No	1080	510	56	15	0	120	2690	81	7	19	65
Shotgun Shrimp Po' Boy	Yes	700	300	32	7	0	220	1890	71	4	3	34
Smokin' Turkey & Bacon Sandwich	Yes	860	440	48	19	0.5	145	3350	50	5	5	58
KIDS MEALS												
Kids Meals (side and drink not included)												
All-American Hot Dog	Yes	370	200	24	10	0	45	870	25	1	3	12
Grilled Cheese	Yes	310	130	15	8	0	30	790	32	2	4	12
Lil' Cheeseburger	Yes	390	180	20	8	1	75	600	28	1	5	26
Lil' Pizza - Cheese	Yes	840	300	34	18	0	80	2030	88	6	8	47
Lil' Pizza - Pepperoni	Yes	940	380	43	21	0	100	2420	88	6	8	51
Mac & Cheese	Yes	300	80	9	2.5	0	10	660	45	2	8	10
Mini Chicken Tenders	Yes	300	120	13	2.5	0	60	640	20	1	0	26
Kids Side Options												
Side - Fire Fries	Yes	400	180	21	4	0	0	960	48	4	0	5
Side - Seasoned Fries	Yes	380	180	20	3.5	0	0	970	46	4	0	5
Side - Sweet Potato Fries	Yes	290	150	17	3	0	0	330	32	4	10	3

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SIDES												
Coleslaw	Yes	500	430	47	6	0	20	480	21	4	12	2
Fire Fries	Yes	600	270	31	6	0	0	1450	72	5	less than 1	8
Fire Fries (Loaded)	Yes	770	380	44	13	0	40	1980	74	6	1	19
Game Time Chili - Cup	Yes	280	160	18	8	0	45	690	14	3	4	14
Garlic Mashed Potatoes	Yes	380	230	26	8	0	10	1120	31	4	5	5
Garlic Mashed Potatoes (Loaded)	Yes	690	500	55	20	0.5	65	1740	31	4	5	17
Original Fries	Yes	580	270	30	5	0	0	1450	69	5	less than 1	7
Original Fries (Loaded)	Yes	740	380	43	13	0	40	1980	72	6	2	18
Side Salad	Yes	190	110	13	4.5	0	80	170	12	2	3	7
+ Balsamic Vinaigrette Dressing (2 oz)	Yes	240	180	20	3	0	0	350	16	0	15	0
+ Bleu Cheese Dressing (2 oz)	Yes	220	210	24	4	0	15	290	3	0	less than 1	1
+ Honey French Dressing (2 oz)	No	140	50	6	1	0	0	360	24	0	22	0
+ Honey Mustard Dressing (2 oz)	Yes	320	290	32	4.5	0	15	230	11	0	7	0
+ Ranch Dressing (2 oz)	Yes	230	220	25	3.5	0	10	280	3	0	less than 1	0
Steamed Broccoli	Yes	180	150	16	5	0	0	240	9	3	2	3
Sweet Potato Fries	Yes	490	260	29	5	0	less than 5	560	53	6	16	5
Tater Tots	Yes	380	200	23	4.5	0	80	560	41	3	0	4
Tater Tots (Loaded)	Yes	550	310	35	12	0	120	1100	43	4	1	14
HOME MADE DESSERTS												
Chocolate Chip Cookie Sundae	Yes	1260	610	69	33	0	240	980	151	0	106	11
Oreo Brownie Sundae	Yes	1460	540	62	32	0	205	910	211	4	149	12
Turtle Mud Pie	Yes	1180	700	78	29	0.5	45	980	119	less than 1	87	4
BRUNCH												
Star Spangled Specialties												
Bacon & Eggs Sandwich - with Fried Eggs	No	900	520	57	21	0	430	4820	52	6	6	43
Bacon & Eggs Sandwich - with Scrambled Eggs	No	840	470	52	20	0	490	1800	50	5	5	44
+ Country Gravy	No	200	130	15	7	0	35	490	10	0	6	5
+ Tater Tots	No	380	200	23	4.5	0	80	560	41	3	0	4
It's a Classic - with Fried Eggs	No	1420	820	92	36	0	735	6390	108	6	14	39
It's a Classic - with Scrambled Eggs	No	1440	810	91	37	0	1045	3140	106	5	14	49
+ French Toast Slice	No	350	160	17	10	0	80	300	42	0	21	6
Biscuits N Gravy Y'all - with Fried Eggs	No	1820	1020	114	60	0	640	7450	142	3	32	53
Biscuits N Gravy Y'all - with Scrambled Eggs	No	1750	960	108	59	0	685	4340	140	2	31	55
Cluckin' Good Sandwich - with Fried Eggs	No	910	450	49	17	0	460	4710	59	5	6	57
Cluckin' Good Sandwich - with Scrambled Eggs	No	860	390	44	16	0	520	2410	57	4	6	59
+ Country Gravy	No	200	130	15	7	0	35	490	10	0	6	5
+ Tater Tots	No	380	200	23	4.5	0	80	560	41	3	0	4
Serious Steak & Eggs - with Fried Eggs	No	1060	730	81	32	5	575	3680	15	4	4	78
Serious Steak & Eggs - with Scrambled Eggs	No	1010	680	75	31	5	635	1380	13	3	4	79
+ Buttermilk Biscuit	No	520	240	27	17	0	70	1430	60	0	10	8
+ Tater Tots	No	380	200	23	4.5	0	80	560	41	3	0	4
French Toasted												
Chicken and Not Waffles	No	890	390	43	21	0	230	1010	91	less than 1	43	37
French Toast	No	690	310	35	19	0	160	600	84	0	42	12
Remember The A-La-Mode	No	940	420	47	26	0	215	760	118	0	70	14
+ Maple Syrup	No	210	0	0	0	0	0	10	54	0	49	0
Bubba's Fiesta												
El Bruncharito - with Fried Eggs	No	1810	1040	116	47	1	590	7800	111	13	21	79
El Bruncharito - with Scrambled Eggs	No	1760	980	110	46	1	650	5500	110	13	20	81
No Meatarito - with Fried Eggs	No	1560	900	102	42	0.5	495	7400	111	13	20	48
No Meatarito - with Scrambled Eggs	No	1510	850	96	41	0.5	555	5100	109	12	20	50
Huevos Rancheros - with Fried Eggs	No	1030	540	60	24	1	615	6090	74	9	9	46
Huevos Rancheros - with Scrambled Eggs	No	1050	530	59	25	0.5	925	3080	72	8	9	56
+ Tater Tots	No	380	200	23	4.5	0	80	560	41	3	0	4
Just In Quesadilla	No	1300	820	91	44	1	560	2520	62	4	7	56
+ Queso	No	80	50	6	4	0	15	430	3	0	1	2
+ Salsa	No	25	0	0	0	0	0	380	6	1	2	1
Spicy Chicken Burrito	No	1540	760	86	39	0.5	705	4330	98	12	12	92
Brunch Sides												
Bacon Slices (2)	No	190	150	16	6	0	35	520	0	2	0	11
Buttermilk Biscuit	No	520	240	27	17	0	70	1430	60	0	10	8
+ Country Gravy (2 oz)	No	100	70	7	3.5	0	20	240	5	0	3	3
+ Raspberry Sauce	No	120	0	0	0	0	0	10	30	0	23	0
Eggs (2) - Fried	No	260	180	20	7	0	370	2700	4	0	1	12
Eggs (2) - Scrambled	No	260	200	22	8	0	400	470	2	0	1	14
Brunch Kids Meals												
Lil Classic - Fried	No	430	260	29	8	0	245	1860	28	3	2	12
Lil Classic - Scrambled	No	500	310	34	10	0	495	910	28	3	2	21
Lil French Toast	No	420	210	23	11	0	90	470	45	1	23	10
+ Maple Syrup (2 oz)	No	210	0	0	0	0	0	10	54	0	49	0

Some items are not available at all locations. Nutritional values do not include side items unless indicated. 2,000 calories a day is used for general nutritional advice, but calorie needs vary.

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BEVERAGES - NON-ALCOHOLIC												
Soft Drinks												
Coca-Cola® (Adult)	Yes	130	0	0	0	0	0	30	36	0	36	0
Coca-Cola® (Kids)	Yes	80	0	0	0	0	0	20	22	0	22	0
Diet Coke® (Adult)	Yes	0	0	0	0	0	0	40	0	0	0	0
Diet Coke® (Kids)	Yes	0	0	0	0	0	0	25	0	0	0	0
Hi-C® Fruit Punch (Adult)	Yes	140	0	0	0	0	0	50	38	0	38	0
Hi-C® Fruit Punch (Kids)	Yes	80	0	0	0	0	0	30	23	0	23	0
Hi-C® Orange (Adult)	Yes	150	0	0	0	0	0	30	41	0	40	0
Hi-C® Orange (Kids)	Yes	90	0	0	0	0	0	20	24	0	24	0
Minute Maid® Lemonade (Adult)	Yes	130	0	0	0	0	0	90	36	0	34	0
Minute Maid® Lemonade (Kids)	Yes	80	0	0	0	0	0	50	21	0	20	0
Sprite® (Adult)	Yes	130	0	0	0	0	0	60	35	0	35	0
Sprite® (Kids)	Yes	80	0	0	0	0	0	35	21	0	21	0
Flavored Lemonades												
Bubba Blue Lemonade (Adult)	Yes	150	0	0	0	0	0	30	40	0	38	0
Bubba Blue Lemonade (Kids)	Yes	90	0	0	0	0	0	20	23	0	22	0
Jammin' Blackberry Lemonade (Adult)	Yes	240	0	0	0	0	0	30	61	0	57	0
Jammin' Blackberry Lemonade (Kids)	Yes	120	0	0	0	0	0	20	31	0	29	0
Mango Madness Lemonade (Adult)	Yes	130	0	0	0	0	0	30	36	0	34	0
Mango Madness Lemonade (Kids)	Yes	80	0	0	0	0	0	20	21	0	20	0
Wild Strawberry Lemonade (Adult)	Yes	150	0	0	0	0	0	30	40	0	38	0
Wild Strawberry Lemonade (Kids)	Yes	90	0	0	0	0	0	20	23	0	22	0
Iced Tea												
Iced Tea - Original Sweet	Yes	110	0	0	0	0	0	5	28	0	27	0
Iced Tea - Original Unsweet	Yes	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Strawberry Sweet	Yes	150	0	0	0	0	0	5	37	0	36	0
Iced Tea - Strawberry Unsweet	Yes	35	0	0	0	0	0	0	9	0	9	0
Other												
Coffee - Decaffeinated (8 oz)	Yes	5	0	0	0	0	0	0	1	0	0	0
Coffee - Regular (8 oz)	Yes	5	0	0	0	0	0	0	1	0	0	0
Dasani® Bottled Water	Yes	0	0	0	0	0	0	0	0	0	0	0
Juice - Apple	Yes	80	0	0	0	0	0	15	21	0	19	0
Juice - Orange	Yes	80	0	0	0	0	0	10	20	0	18	2
Milk - Chocolate	Yes	150	20	2.5	1.5	0	10	170	26	less than 1	23	7
Milk - Regular	Yes	90	20	2	1.5	0	10	105	10	0	10	7