



Nutrition Information

January 17, 2008

The information contained on this site is based on standard U.S. product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly and seasonal variances. Test products are not included. This information is current as of January 17, 2008.

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If you have specific questions about our menu, call 1-877-799-STAR



BREAKFAST

	Serving Size (grams)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Made from Scratch Biscuit	109	370	210	23	5	0	890	35	0	3	5
Egg Biscuit	152	450	260	29	6	205	940	35	0	4	11
Bacon Biscuit	120	430	250	28	7	10	1110	35	0	4	8
Sausage Biscuit	142	530	340	38	10	30	1240	36	0	4	11
Country Ham Biscuit	144	440	240	26	6	35	1710	36	0	3	14
Breaded Chicken Fillet Biscuit	226	600	310	34	7	55	1680	50	1	3	24
Breaded Country Steak Biscuit	180	620	370	41	11	35	1360	44	0	3	16
Breaded Pork Chop Biscuit	222	690	380	42	8	40	1330	48	1	4	29
Sausage & Egg Biscuit	185	610	390	44	11	235	1290	36	0	4	17
Country Steak & Egg Biscuit	223	690	420	47	11	235	1800	44	0	4	22
Bacon, Egg & Cheese Biscuit	174	560	340	38	11	225	1360	37	0	4	16
Ham, Egg & Cheese Biscuit	220	560	320	35	10	245	1800	37	0	5	23
Loaded Omelet Biscuit	198	640	400	44	14	245	1510	37	0	5	21
Monster Biscuit	212	710	460	51	17	70	2250	37	0	4	24
Biscuits 'N' Gravy	251	530	310	34	8	10	1550	47	0	6	8
Cinnamon 'N' Raisin Biscuit	77	280	110	12	3	0	650	40	0	17	3
Loaded Breakfast Burrito	258	780	460	51	20	495	1620	38	2	2	40
Sunrise Croissant	57	210	90	10	4	5	200	26	0	4	4
Sunrise Croissant with Ham	164	430	230	26	10	250	1050	28	0	5	23
Sunrise Croissant with Bacon	138	450	260	29	12	240	900	28	0	5	19
Sunrise Croissant with Sausage	161	550	340	38	15	265	1030	29	0	5	22
Frisco Breakfast Sandwich	185	420	180	20	7	240	1340	37	2	3	24
Loaded Biscuit 'N' Gravy Breakfast Bowl	326	770	490	54	14	245	1950	49	1	7	20
Low Carb Breakfast Bowl	208	620	450	50	21	325	1380	6	2	2	36
Pancake Platter	135	300	45	5	1	25	830	55	2	12	8
Big Country Breakfast Platter - Country Ham	377	970	470	53	12	460	2600	90	3	12	33
Big Country Breakfast Platter - Bacon	355	980	500	56	13	435	2080	90	3	13	28
Big Country Breakfast Platter - Sausage	374	1060	570	64	15	455	2140	91	4	13	30
Big Country Breakfast Platter - Chicken	458	1140	540	61	13	480	2580	105	4	12	44
Big Country Breakfast Platter - Breaded Pork Chop	455	1220	620	68	13	465	2230	102	4	13	48
Big Country Breakfast Platter - Country Steak	412	1150	610	68	16	455	2260	98	4	12	36
Hash Rounds - small	83	260	150	16	4	0	360	25	2	1	3
Hash Rounds - medium	114	350	200	22	5	0	490	34	3	1	4
Hash Rounds - large	151	460	260	29	6	0	650	45	4	2	5
Country Ham (slice)	35	60	30	3	2	35	810	1	0	0	9
Sausage Patty	33	150	130	14	5	30	350	1	0	1	6
Breaded Chicken Fillet	117	230	100	11	2	55	790	15	1	0	19
Breaded Country Steak	71	240	160	18	5	30	470	9	0	0	11
Grits	142	110	40	5	1	0	480	16	0	0	2
Biscuit Gravy	142	160	100	11	3	10	660	12	0	3	3
Scrambled Egg	85	160	110	12	3	405	100	1	0	1	12
Folded Egg	43	80	50	6	2	205	50	1	0	0	6
Loaded Omelet	89	270	190	21	9	245	620	2	0	2	16
Grape Jam	14	10	0	0	0	0	0	2	0	2	0
Strawberry Jam	14	35	0	0	0	0	0	9	0	9	0
Pancake Syrup	28	90	0	0	0	0	0	21	0	16	0
Butter Blend Packet	5	25	25	3	1	0	45	0	0	0	0



Serving Size (grams)
Calories
Calories from fat
Total Fat (g)
Saturated Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carbohydrates (g)
Dietary Fiber (g)
Sugars (g)
Protein (g)

LUNCH & DINNER

1/3 LB** Thickburger	349	910	570	64	21	110	1560	53	3	13	30
1/3 LB** Cheeseburger	254	680	350	39	19	90	1450	52	2	11	29
1/3 LB** Mushroom 'N' Swiss Thickburger	276	720	380	42	21	100	1570	48	2	7	35
1/3 LB** Bacon Cheese Thickburger	334	910	570	64	24	115	1550	50	3	10	33
1/3 LB** Low Carb Thickburger	245	420	280	32	12	115	1010	5	2	3	30
1/2 LB** Six Dollar Burger	412	1060	660	73	28	150	1950	58	3	18	40
1/2 LB** Grilled Sourdough Thickburger	381	1030	690	77	28	155	1910	42	3	5	42
2/3 LB** Double Thickburger	471	1250	810	90	35	195	2160	54	3	13	51
2/3 LB** Double Bacon Cheese Thickburger	463	1300	870	97	38	205	2200	50	3	10	54
2/3 LB** Monster Thickburger	413	1420	970	108	43	230	2770	46	2	9	60
Charbroiled Chicken Club Sandwich	277	550	280	30	8	80	1560	35	2	10	28
BBQ Chicken Sandwich	242	320	50	6	1	50	1200	43	3	16	33
Low Carb Charbroiled Chicken Club Sandwich	250	370	190	21	7	90	1170	10	2	5	35
Big Chicken Fillet Sandwich	351	800	330	37	6	90	1890	76	3	9	41
Spicy Chicken Sandwich	159	470	183	21	5	50	1220	46	3	6	11
Regular Roast Beef	137	330	150	16	7	40	860	29	2	2	19
Big Roast Beef	199	470	210	23	10	60	1290	38	2	3	29
Hot Ham 'N' Cheese	191	420	170	18	10	55	1600	39	2	4	30
Big Hot Ham 'N' Cheese	244	520	210	24	13	85	2190	40	2	4	40
Hot Dog	152	420	270	30	12	55	1200	22	1	4	16
1/4 LB** Double Cheeseburger	186	510	240	26	5	90	1120	38	1	9	28
1/4 LB** Double Hamburger	161	420	170	19	5	70	670	37	1	9	23
Cheeseburger	131	350	140	16	4	45	780	36	1	8	17
Hamburger	118	310	110	12	4	35	560	36	1	8	14
3 Piece Chicken Strips	145	380	190	21	4	55	1360	27	1	1	22
5 Piece Chicken Strips	241	630	310	34	6	90	2260	45	2	1	37
Kids Meal - Hamburger	197	560	210	24	6	35	710	67	4	8	18
Kids Meal - Cheeseburger	210	600	250	27	6	45	930	68	4	8	21
Kids Meal - 2 Chicken Strips	175	500	230	25	5	35	1050	50	3	1	19

** weight before cooking

SIDES & ADD-ONS

Natural Cut French Fries-Kids	77	200	80	9	2	0	450	28	2	0	2
Natural Cut French Fries-Small	121	320	130	14	3	0	710	45	3	0	4
Natural Cut French Fries-Medium	162	430	170	19	4	5	960	60	4	0	5
Natural Cut French Fries-Large	176	470	190	21	4	5	1640	65	5	0	5
Crispy Curls - Small	109	340	150	17	4	0	840	43	4	0	4
Crispy Curls - Medium	132	410	180	20	5	0	1020	52	4	0	5
Crispy Curls - Large	153	480	210	23	6	0	1190	60	5	0	6
American Cheese slice (large)	16	60	45	5	4	15	260	1	0	1	3
American Cheese slice (small)	12	50	35	4	3	10	200	1	0	0	2
Swiss Cheese slice	16	50	35	4	3	15	230	0	0	0	4
Bacon - 2 strips	9	45	30	4	1	10	150	0	0	0	3
Au Jus Sauce	85	10	0	0	0	0	320	2	0	1	0
Fried Chicken Breast	148	370	130	15	4	75	1190	29	0	0	29
Fried Chicken Wing	66	200	70	8	2	30	740	23	0	0	10
Fried Chicken Thigh	121	330	130	15	4	60	1000	30	0	0	19
Fried Chicken Leg	69	170	60	7	2	45	570	15	0	0	13
Cole Slaw (small = 1 serving)	113	170	90	10	2	10	140	20	2	16	1
Mashed Potatoes (small = 1 serving)	142	90	15	2	0	0	410	17	0	1	1
Peach Cobbler	180	280	60	7	2	0	230	56	1	45	1
Chicken Gravy	43	20	5	1	0	0	220	3	0	1	0
Side Salad (No Dressing)	191	120	70	7	5	20	160	7	2	4	7
Fat Free Italian Dressing	43	10	0	0	0	0	420	3	0	2	0
Buttermilk Ranch Dressing	43	240	220	25	4	20	360	2	0	1	1
Honey Mustard - Dipping Sauce	28	110	80	9	2	10	220	6	0	4	0
Ranch Dressing - Dipping Sauce	28	160	150	16	3	15	240	2	0	1	0
BBQ Sauce - Dipping Sauce	28	45	0	0	0	0	290	10	1	7	1
Sweet N Sour - Dipping Sauce	28	45	0	0	0	0	85	10	0	9	0
Mayonnaise (Packet)	12	90	80	9	2	5	70	1	0	0	0
Hot Sauce (Packet)	7	0	0	0	0	0	210	0	0	0	0
Horseradish Sauce (Packet)	7	25	20	2	0	5	35	1	0	1	0
Ketchup (Packet)	9	10	0	0	0	0	105	2	0	2	0



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DESSERTS

Chocolate Chip Cookie	68	290	100	11	5	20	270	44	0	26	4
Apple Turnover	85	290	140	15	5	5	350	36	1	11	2
Single Scoop Ice Cream Cone†	126	285	120	13	8	47	140	37	0	26	6
Single Scoop Ice Cream Bowl†	113	235	115	13	8	47	85	27	0	22	5
Vanilla Shake (Hand-Dipped) (regular)	16 fl oz ct	710	300	33	23	100	240	87	0	73	14
Chocolate Shake (Hand-Dipped) (regular)	16 fl oz ct	700	300	34	24	100	290	85	1	55	15
Strawberry Shake (Hand-Dipped) (regular)	16 fl oz ct	700	300	33	23	100	240	86	0	76	14
Hardee's Vanilla Malt (Hand-Dipped)	16 fl oz ct	770	310	35	24	105	320	97	0	79	17
Hardee's Strawberry Malt (Hand-Dipped)	16 fl oz ct	775	310	35	24	105	310	98	0	84	17
Hardee's Chocolate Malt (Hand-Dipped)	16 fl oz ct	780	320	35	24	105	360	97	2	79	17

BEVERAGES

Minute Maid Orange Juice	10 fl oz	150	0	0	0	0	0	37	0	35	1
Milk 2% Fat	10 fl oz	150	30	3	2	15	180	18	0	18	14
Coffee (small)	12 fl oz c	5	0	0	0	0	5	1	0	0	0
Coca-Cola Classic (small)	20 fl oz ct	260	0	0	0	0	40	71	0	71	0
Diet Coke (small)	20 fl oz ct	0	0	0	0	0	40	0	0	0	0
Caffeine Free Diet Coke (small)	20 fl oz ct	0	0	0	0	0	25	0	0	0	0
Cherry Coke (small)	20 fl oz ct	260	0	0	0	0	10	70	0	70	0
Minute Maid Lemonade (small)	20 fl oz ct	250	0	0	0	0	100	70	0	70	0
Hi-C Orange Soda (small)	20 fl oz ct	280	0	0	0	0	90	76	0	76	0
Hi-C Fruit Punch (small)	20 fl oz ct	260	0	0	0	0	20	70	0	70	0
Barg's Root Beer (small)	20 fl oz ct	290	0	0	0	0	90	79	0	79	0
Dr. Pepper (small)	20 fl oz ct	260	0	0	0	0	90	68	0	68	0
Diet Dr. Pepper (small)	20 fl oz ct	0	0	0	0	0	90	0	0	0	0
Sprite (small)	20 fl oz ct	260	0	0	0	0	85	68	0	68	0
Mello Yello (small)	20 fl oz ct	265	0	0	0	0	20	72	0	72	0
Raspberry Nestea (small)	20 fl oz ct	200	0	0	0	0	25	55	0	0	0
Powerade - flavors vary (small)	20 fl oz ct	236	0	0	0	0	60	46	0	46	0
Nestea Ice Tea Sweetened (small)	20 fl oz ct	155	0	0	0	0	35	43	0	43	0
Nestea Ice Tea Unsweetened (small)	20 fl oz ct	3	0	0	0	0	35	1	0	1	0