

NUTRITIONAL INFORMATION

PRODUCTS	ALLERGENS	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	*TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
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2,000 Calories is used for general nutrition advice, but calorie needs may vary.

BREAKFAST													
MADE FROM SCRATCH™ BISCUITS & BREAKFAST FAVORITES													
Sausage & Egg Biscuit	E,M,S,W	177	600	350	39	16	0	225	1290	44	2	4	19
Country Ham Biscuit	M,S,W	134	410	190	21	11	0	35	1670	42	2	4	16
Hand-Breaded Chicken Biscuit	E,M,SS,S,W	227	610	275	31	11	0	75	2780	52	2	4	30
Country-Fried Steak Biscuit	M,S,W	156	550	290	33	14	1	25	1240	49	2	4	14
Bacon, Egg & Cheese Biscuit	E,M,S,W	163	520	260	29	14	0	225	1410	44	2	4	20
Loaded Omelet Biscuit	E,M,S,W	171	520	270	30	15	0	230	1370	46	2	4	19
Monster Biscuit®	E,M,S,W	253	800	470	52	23	0	290	2420	46	2	6	36
Super Bacon Biscuit	E,M,S,W	194	650	350	38	18	0	265	2000	45	2	6	30
Super Sausage Biscuit	E,M,S,W	245	880	580	64	27	0	290	2100	46	2	5	30
Bacon, Egg & Cheese Biscuit	E,M,S,W	166	530	270	30	14	0	235	1460	44	2	5	21
Pork Chop 'N' Gravy Biscuit	M,S,W	212	600	280	31	12	1	55	1430	56	3	4	24
Biscuit 'N' Gravy™	M,S,W	241	500	240	27	12	3	10	1460	54	2	5	10
Frisco Breakfast Sandwich®	E,M,S,SS,W	192	450	190	21	8	0	235	1300	42	2	5	24
Loaded Breakfast Burrito	E,M,S,W	212	580	270	30	12	1	445	1320	46	3	2	30
Hardee Breakfast Platter® - Bacon	E,M,S,W	313	1000	530	59	20	2.5	445	2360	80	5	7	33
Hardee Breakfast Platter® - Ham	E,M,S,W	328	970	508	56	20	2.5	460	2770	80	2	6	33
Hardee Breakfast Platter® - Sausage	E,M,S,W	333	1090	630	70	24	2.5	450	2310	80	5	6	30
BREAKFAST BITES / BREAKFAST EXTRAS													
Hash Rounds® - Small	W	84	260	140	160	3	0	0	320	23	2	1	2
Hash Rounds® - Medium	W	102	320	171	19	4	0	0	400	28	3	1	3
Hash Rounds® - Large	W	144	450	240	27	5	1	0	560	40	4	1	4
Plain Biscuit	M,S,W	113	340	150	16	9	0	0	840	41	2	4	6
Sausage Biscuit	M,S,W	140	530	310	34	15	0	30	1210	42	2	4	13
Grits	M,S,W	142	100	25	3	0	0	0	320	17	0	0	2
Cinnamon Roll	M,S,W	160	520	143	16	9	0	0	1060	89	1	57	6

LUNCH & DINNER													
QUARTER POUND 100% ANGUS BEEF / BURGERS & SANDWICHES													
Famous Star® with Cheese	E,M,S,SS,W	283	670	358	40	13	1.5	100	1370	52	4	11	28
Super Star® with Cheese	E,M,S,SS,W	373	950	557	62	22	3	185	1890	54	5	12	50
Frisco - Single	E,M,S,W	279	860	532	60	19	1.5	135	1710	43	0	7	41
Frisco - Double	E,M,S,W	367	1140	730	81	29	3	220	2190	44	0	9	62
Bacon Cheeseburger - Single	E,M,S,W	281	740	410	45	14	1.5	120	1420	49	3	9	37
Bacon Cheeseburger - Double	E,M,S,W	368	1010	600	66	24	3	200	1880	50	4	10	57
Mushroom & Swiss - Single	M,S,SS,W	224	560	257	29	12	1.5	100	1330	49	3	8	30
Mushroom & Swiss - Double	M,S,SS,W	298	790	413	46	19	2.5	170	1570	49	4	8	49
Big Cheeseburger - Single	M,S,SS,W	226	540	219	24	10	1.5	85	1360	53	4	12	28
Big Cheeseburger - Double	M,S,SS,W	300	760	374	42	17	2.5	155	1600	53	4	13	46
Monster Burger	E,M,S,W	334	1140	690	77	29	3	235	2530	49	3	10	68
Big Hot Ham 'N' Cheese™	M,S,SS,W	239	460	132	15	7	0	75	2210	50	2	8	31
Original Hot Ham 'N' Cheese™	M,S,SS,W	159	360	80	9	4	0	35	1380	51	2	9	21
Big Roast Beef	M,S,SS,W	235	520	56	6	3	0	65	1860	48	2	6	29
Original Roast Beef	M,S,SS,W	157	390	40	5	2	0	30	1210	50	2	7	17
Jumbo Chili Dog	S,SS,W	160	400	238	26	9	0	55	1410	24	1	5	16

CHICKEN AND MORE													
Hand-Breaded Chicken Sandwich	E,M,S,SS,W	252	650	290	32	5	0	85	2660	59	2	7	30
Hand-Breaded Chicken BLT	E,M,S,W	321	740	350	39	8	0	110	2900	60	3	9	40
3-Piece Hand-Breaded Chicken Tenders™	E,M,S,W	128	260	110	13	3	0	70	770	13	2	0	25
5-Piece Hand-Breaded Chicken Tenders™	E,M,S,W	213	440	190	21	5	0	115	1290	21	3	0	41
10-Piece Hand-Breaded Chicken Tenders™	E,M,S,W	425	880	380	43	9	0	230	2580	43	6	1	82
Honey Mustard Wrap	E,M,S,W	107	260	128	14	5	0.5	40	630	21	0	1	14
Ranch Tender Wrap	E,M,S,W	107	260	126	14	5	0.5	40	640	20	0	0	14
Spicy Tender Wrap	E,M,S,W	114	280	147	16	5	0.5	40	700	21	0	1	14

STAR PALS® KIDS MEALS (INCLUDES FRIES)													
Kids Meal - 2-Piece Chicken Tenders**	E,M,S,W	165	410	180	20	4	0	45	980	39	4	0	19
Kids Meal - Cheeseburger**	M,S,SS,W	269	620	220	25	8	1	35	1820	84	5	10	18
Kids Meal - Hamburger**	S,SS,W	256	580	190	21	5	1	25	1600	84	5	9	16
Kids Meal - Grilled Cheese**	M,S,SS,W	209	600	248	28	9	0	30	1430	71	3	4	16
Kids Meal - Hot Dog**	S,SS,W	194	580	310	35	10	0	45	1530	52	4	5	15

SIDES													
Fries - Kids		83	240	100	12	2	0	0	480	31	3	0	3
Fries - Small		104	300	130	15	3	0	0	600	39	4	0	3
Fries - Medium		147	420	190	21	4	0	0	850	55	5	0	5
Fries - Large		163	470	205	23	4	0	0	940	61	6	0	5
Crispy Curis® - Small	W	78	240	107	12	3	0	0	600	31	3	0	3
Crispy Curis® - Medium	W	108	340	149	17	4	0	0	840	43	4	0	4
Crispy Curis® - Large	W	135	420	190	21	5	0.5	0	1050	53	4	0	5

DESSERTS													
Cinnamon Roll	M,S,W	160	520	143	16	9	0	0	1060	89	1	57	6
Apple Turnover	M,S,W	85	270	120	13	4	0	5	260	35	1	11	3
Hand-Scooped Ice-Cream Shake™ - Vanilla	M,S,+	397	740	320	36	24	0	105	220	87	0	70	13
Hand-Scooped Ice-Cream Shake™ - Chocolate	M,S,+	397	710	330	36	24	0	105	270	86	1	64	13
Hand-Scooped Ice-Cream Shake™ - Strawberry	M,S,+	397	710	320	36	24	0	105	220	85	0	69	13

BEVERAGES													
Regular Coffee - Small (12 fl. oz)			10	5	0	0	0	0	0	0	1	0	0
Regular Coffee - Medium (16 fl. oz)			15	5	0	0	0	0	0	0	1	0	0
Regular Coffee - Large (20 fl. oz)			15	5	0.5	0	0	0	0	0	2	0	0
Decaffeinated Coffee - Small (12 fl. oz)			10	5	0	0	0	0	0	0	1	0	0
Decaffeinated Coffee - Medium (16 fl. oz)			15	5	0	0	0	0	0	0	1	0	0
Decaffeinated Coffee - Large (20 fl. oz)			15	5	0.5	0	0	0	0	0	2	0	0
Regular Milk - 1% (7 fl. oz)	M		90	20	2	1	0	10	90	10	0	10	7
Simply Orange® Juice (11.5 fl. oz)			160	0	0	0	0	0	0	37	0	33	2
Dasani® Water (16.9 fl. oz)			0	0	0	0	0	0	0	0	0	0	0
Barq's Root Beer		20	190	0	0	0	0	0	85	50	0	50	0
Barq's Root Beer		24	220	0	0	0	0	0	105	60	0	60	0
Barq's Root Beer		32	300	0	0	0	0	0	140	81	0	80	0
Coca-Cola		20	200	0	0	0	0	0	50	50	0	50	0
Coca-Cola		24	240	0	0	0	0	0	55	60	0	60	0
Coca-Cola		32	320	0	0	0	0	0	75	80	0	80	0
Coca-Cola Cherry		20	210	0	0	0	0	0	50	52	0	52	0
Coca-Cola Cherry		24	250	0	0	0	0	0	60	63	0	63	0
Coca-Cola Cherry		32	340	0	0	0	0	0	80	84	0	84	0
Coca-Cola Zero		20	0	0	0	0	0	0	50	0	0	0	0
Coca-Cola Zero		24	0	0	0	0	0	0	50	0	0	0	0
Coca-Cola Zero		32	0	0	0	0	0	0	50	0	0	0	0
Diet Coke		20	0	0	0	0	0	0	60	0	0	0	0
Diet Coke		24	0	0	0	0	0	0	70	0	0	0	0
Diet Coke		32	0	0	0	0	0	0	95	0	0	0	0
Diet Dr Pepper®		20	0	0	0	0	0	0	115	1	0	0	0
Diet Dr Pepper®		24	0	0	0	0	0	0	136	1	0	0	0
Diet Dr Pepper®		32	0	0	0	0	0	0	184	1	0	0	0
Dr Pepper®		20	220	0	0	0	0	0	70	60	0	59	0
Dr Pepper®		24	264	0	0	0	0	0	80	72	0	71	0
Dr Pepper®		32	352	0	0	0	0	0	108	96	0	95	0
Fuze Raspberry Tea		20	110	0	0	0	0	0	65	28	0	28	0
Fuze Raspberry Tea		24	140	0	0	0	0	0	75	33	0	33	0
Fuze Raspberry Tea		32	180	0	0	0	0	0	100	44	0	44	0
Hi-C Orange Lavaburst		20	210	0	0	0	0	0	50	52	0	52	0
Hi-C Orange Lavaburst		24	250	0	0	0	0	0	60	62	0	62	0
Hi-C Orange Lavaburst		32	340	0	0	0	0	0	80	83	0	83	0
Mello Yello		20	210	0	0	0	0	0	65	54	0	54	0
Mello Yello		24	260	0	0	0	0	0	75	65	0	65	0
Mello Yello		32	340	0	0	0	0	0	100	87	0	87	0
Minute Maid Lemonade		20	180	0	0	0	0	0	125	45	0	43	0
Minute Maid Lemonade		24	210	0	0	0	0	0	150	54	0	52	0
Minute Maid Lemonade		32	290	0	0	0	0	0	200	72	0	69	0
Powerade Mountain Berry Blast		20	110	0	0	0	0	0	140	27	0	27	0
Powerade Mountain Berry Blast		24	140	0	0	0	0	0	170	33	0	33	0
Powerade Mountain Berry Blast		32	180	0	0	0	0	0	220	44	0	44	0
Sprite		20	190	0	0	0	0	0	85	46	0	46	0
Sprite		24	220	0	0	0	0	0	100	55	0	55	0
Sprite		32	300	0	0	0	0	0	135	73	0	73	0