

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	179	600	350	39	16	0	235	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
Spicy Hand-Breaded Chicken Biscuit	E,M,SS,S,W	229	620	280	31	12	0	75	2810	54	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	161	510	250	28	14	0	230	1360	44	2	5	19
Loaded Omelet Biscuit	E,M,S,W	186	590	324	36	17	0	245	1540	44	2	4	19
Sunrise Croissant	E,M,S,W	166	410	210	24	9	0	235	1100	28	1	5	21
Smoked Sausage, Egg & Cheese	E,M,S,W	228	710	440	49	20	0	270	1910	46	2	5	24
Super Bacon Biscuit	E,M,S,W	185	600	321	36	17	0	255	1810	45	2	5	27
Super Sausage Biscuit	E,M,S,W	245	880	577	64	27	0	290	2100	46	2	5	30
Monster Biscuit®	E,M,S,W	266	800	460	52	23	0	290	2510	46	2	6	37
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,W	217	490	190	24	9	0	250	1640	41	2	5	27
Homestyle Sausage, Egg & Cheese Burrito	E,M,S,W	285	930	567	63	22	1	480	1740	54	3	2	35
Homestyle Loaded Breakfast Burrito	E,M,S,W	273	810	449	50	19	2	475	1800	53	3	1	36
Sausage, Egg & Cheese Burrito	E,M,S,W	285	930	570	63	22	1	480	1740	54	3	2	35
Hardee Breakfast Platter® - Bacon	E,M,S,W	307	970	510	56	20	3	440	2240	80	5	7	30
Hardee Breakfast Platter® - Ham	E,M,S,W	328	970	508	56	20	2.5	460	2770	80	5	6	33
Hardee Breakfast Platter® - Sausage	E,M,S,W	333	1090	630	70	24	3	450	2310	80	2	6	30
BREAKFAST BITES / BREAKFAST EXTRAS													
Hash Rounds® - Small	W	78	240	131	15	3	0	0	300	22	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	99	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
Cinnamon Roll	M,S,W	160	520	147	16	9	0	0	1050	89	1	57	6
Grits	M,S,W	142	100	25	3	0	0	0	320	17	0	0	2

LUNCH & DINNER													
QUARTER POUND 100% ANGUS BEEF / BURGERS & SANDWICHES													
Famous Star®	E,M,S SS,W	254	580	347	39	13	1.5	85	1130	43	3	11	28
Super Star®	E,M,S,SS,W	341	850	537	60	22	3	170	1590	43	4	12	49
Frisco - Single	E,M,S,W	261	740	429	48	17	2.0	120	1500	43	3	7	38
Frisco - Double	E,M,S,W	349	1020	620	69	27	3	205	1990	44	4	8	59
Bacon Cheeseburger	E,M,S,SS,W	237	640	390	43	14	1.5	105	1160	40	3	9	34
Double Bacon Cheeseburger	E,M,S,SS,W	323	910	580	64	24	3	185	1620	41	4	10	55
Mushroom & Swiss - Single	M,S,SS,W	215	580	344	38	14	1.5	100	1280	40	2	9	31
Mushroom & Swiss - Double	M,S,SS,W	303	860	538	60	24	2.5	185	1770	41	3	10	52
Big Cheeseburger - Single	M,S,SS,W	194	520	290	33	12	1.5	85	1080	40	1	10	27
Big Cheeseburger - Double	M,S,SS,W	274	790	484	54	21	3.0	165	1540	40	3	11	48
Monster Burger™	E,M,S,SS,W	298	1010	654	73	28	3	215	2140	40	3	10	63
Big Hot Ham 'N' Cheese™	M,S,SS,W	205	450	211	23	9	0	65	1930	39	2	9	29
Original Hot Ham 'N' Cheese™	M,S,SS,W	125	270	70	8	4	0	35	1110	32	1	5	17
Big Roast Beef	M,S,SS,W	218	530	142	16	5	0	65	1880	38	2	7	29
Original Roast Beef	M,S,SS,W	131	300	33	4	2	0	30	1030	31	1	4	17
Monster Roast Beef	M,S,SS,W	273	760	290	33	13	0	120	2930	40	0	9	47
Jumbo Chili Dog	S,SS,W	157	400	237	26	9	0	55	1380	24	1	5	16

CHICKEN AND MORE													
Hand-Breaded Chicken Sandwich	E,M,S,SS,W	223	560	280	32	6	0	80	2490	48	2	8	30
Nashville Hot Hand-Breaded Chicken Sandwich	E,M,S,SS,W	226	570	290	32	6	0	80	2530	49	2	8	30
BLT Hand-Breaded Chicken Sandwich	E,M,S,SS,W	276	640	330	36	8	0	95	2640	50	2	9	37
3-Piece Hand-Breaded Chicken Tenders™	E,M,W	128	260	110	13	3	0	70	770	13	2	0	25
5-Piece Hand-Breaded Chicken Tenders™	E,M,W	213	440	190	21	5	0	115	1290	21	3	0	41
10-Piece Hand-Breaded Chicken Tenders™	E,M,W	425	880	380	43	9	0	230	2580	43	6	1	82
3-Piece Spicy Hand-Breaded Chicken Tenders™	E,M,W	130	270	120	13	3	0	70	810	14	2	0	25
5-Piece Spicy Hand-Breaded Chicken Tenders™	E,M,W	216	260	200	22	5	0	115	1350	23	3	1	41
10-Piece Spicy Hand-Breaded Chicken Tenders™	E,M,W	432	910	400	44	10	0	230	2700	46	6	1	82
Ranch Tender Wrap	E,M,S,W	107	260	126	14	5	1	40	640	20	1	0	14
Honey Mustard Tender Wrap	E,M,S,W	107	260	128	14	5	1	40	630	21	1	1	14
Spicy Tender Wrap	E,M,S,W	114	280	147	16	5	1	40	700	21	1	1	14
STAR PALS® KIDS MEALS (INCLUDES FRIES)													
Kids Meal - Cheeseburger**	M,S,SS,W	281	540	200	22	7	1	35	1160	71	2	15	16
Kids Meal - Hamburger**	SS,W	269	490	166	18	5	0	25	940	70	2	14	14
Kids Meal - Grilled Cheese**	M,S,W	276	570	214	24	8	0	25	1220	77	3	12	14
Kids Meal - Hot Dog**	S,SS,W	271	590	290	33	10	0	45	1450	58	3	13	15
Kids Meal - 2-Piece Chicken Tenders**	E,M,W	242	410	160	18	4	0	45	900	45	1	8	19

SIDES													
Fries - Kids		67	190	80	9	2	0	0	390	25	2	0	2
Fries - Small		97	280	120	14	3	0	0	560	36	3	0	3
Fries - Medium		137	400	170	19	4	0	0	800	51	5	0	4
Fries - Large		157	450	200	22	4	0	0	910	59	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	131	410	180	21	5	0.5	0	1020	51	4	0	5

DESSERTS													
Cinnamon Roll	M,S,W	160	520	147	16	9	0	0	1050	89	1	57	6
Apple Turnover	M,W	85	270	120	13	4	0	5	260	35	1	11	3
Hand-Scooped Ice-Cream Shake™, Vanilla	M,S +	390	700	320	36	24	0	105	220	83	2	66	13
Hand-Scooped Ice-Cream Shake™, Chocolate	M,S +	400	730	330	36	24	0	105	280	91	3	71	13
Hand-Scooped Ice-Cream Shake™, Strawberry	M,S +	397	710	320	36	24	0	105	220	85	2	68	13
Buddy Fruits® Organic Apple Sauce Pouch		90	45	0	0	0	0	0	0	12	1	8	0

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	1
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	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
Hand-Crafted Lemonade (24 oz)			300	0	0	0	0	0	15	79	0	75	0
Hand-Crafted Strawberry Lemonade (24 oz)			420	0	0	0	0	0	30	109	0	104	0
Honest Kids® Appley Ever After® Organic Apple Juice			35	0	0	0	0	0	15	9	0	8	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