



Breakfast Nutritional Analysis

| Breakfast Menu | | | | | | | | | | | | |
|--|----------|---------------|-------------------|-------------|---------------|-----------|-------------|-----------|-------------------|------------|-------------|-----------------------|
| Food Item, Portion | Calories | Total Fat (g) | Calories from Fat | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Gluten free? Yes*/ No |
| Hearty Country Breakfast - Meats | | | | | | | | | | | | |
| Egg, 1 ea | 72 | 5 | 43 | 0.75 | 0 | 185 | 70 | 0 | 0 | 0 | 6 | Yes |
| Bacon, 4 sl | 632 | 60 | 544 | 20 | 0 | 100 | 1000 | 0 | 0 | 0 | 20 | Yes |
| Sausage Patties, 2 ea, 4 oz | 450 | 44 | 396 | 14.4 | 0 | 66 | 670 | 0 | 0 | 0 | 15 | Yes |
| Sausage Links, 4 ea, 4 oz | 460 | 42 | 378 | 14 | 0 | 100 | 880 | 0 | 0 | 0 | 16 | Yes |
| Turkey Sausage, 2 ea, 2 oz | 120 | 9 | 82 | 3 | 0 | 70 | 160 | 0 | 0 | 0 | 12 | Yes |
| Fried Bologna, 1 sl, 4 oz** | 557 | 58 | 497 | 17 | 6 | 50 | 1200 | 0 | 0 | 0 | 12 | No |
| Grilled Chicken Breast, 6 oz | 213 | 4.5 | 42 | 0.75 | 0 | 128 | 82.5 | 0 | 0 | 0 | 40.5 | Yes |
| Fried Flounder, 6 oz** | 475 | 46 | 392 | 7.8 | 6 | 77 | 503 | 0 | 0 | 0 | 21 | No |
| Smoked Sausage, 5 oz | 475 | 42.5 | 383 | 15 | 0 | 75 | 1200 | 5 | 0 | 5 | 17.5 | Yes |
| Baked Ham CURE81®, 1 sl, 3 oz | 100 | 4.5 | 41 | 1.5 | 0 | 45 | 890 | 0 | 0 | 0 | 15 | Yes |
| Hamburger Patty, 6 oz | 393 | 33 | 298 | 14 | 2 | 105 | 370 | 1 | 0 | 0 | 23 | Yes |
| Salmon Patty, 5 oz | 202 | 6 | 53 | 1 | 0 | 80 | 470 | 17 | 1 | 2 | 19 | No |
| Pork Chop, Grilled w/ Bone, 4 oz | 204 | 803 | 75 | 2.4 | 0 | 95 | 63 | 0 | 0 | 0 | 30 | Yes |
| Omelette | | | | | | | | | | | | |
| Egg, 3 ea | 216 | 15 | 129 | 3 | 0 | 555 | 210 | 0 | 0 | 0 | 18 | Yes |
| Prepared w/ Bacon Drippings, 1 tsp | 24 | 2 | 22 | 1 | 0 | 3 | 31 | 0 | 0 | 0 | 0 | Yes |
| Egg Whites, 4 oz | 66 | 0 | 0 | 0 | 0 | 0 | 200 | 0 | 0 | 0 | 12 | Yes |
| Egg Substitute, no cholesterol, no fat, 4 oz | 52 | 0 | 0 | 0 | 0 | 0 | 170 | 2 | 0 | 2 | 10 | Yes |
| Omelette Additions | | | | | | | | | | | | |
| Diced Tomatoes, 2 oz | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 2 | 1 | 1 | 0 | Yes |
| Diced Onions, 2 oz | 23 | 0 | 0 | 0 | 0 | 0 | 1.8 | 5 | 1 | 2.5 | 1 | Yes |
| Diced Bell Peppers, 2 oz | 13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | Yes |
| Cheese, shredded, 1.6 oz | 182 | 14.4 | 136 | 9.6 | 0 | 48 | 288 | 0 | 0 | 0 | 11.2 | Yes |
| Spinach, 1 oz | 7 | 0 | 0 | 0 | 0 | 0 | 25 | 1 | 0 | 0 | 0 | Yes |
| Mushrooms, 1.7 oz | 11 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0.6 | 0.6 | 2 | Yes |
| Bacon, 2 sl, 2 oz | 316 | 30 | 272 | 10 | 0 | 50 | 500 | 0 | 0 | 0 | 10 | Yes |
| Ham, 2.4 oz | 140 | 8.4 | 75.6 | 3.5 | 0 | 42 | 854 | 2.8 | 0 | 1.4 | 12.6 | Yes |

*Item ingredients are gluten-free & remain gluten-free if prepared on separate cooking surfaces and in oils reserved for gluten-free preparation and cooking.

However, unable to ensure that all ingredients originated from gluten-free manufacturing facilities.

**Nutrition information calculated using 16.5% average oil absorption for fried menu items.

Nutritional Analysis Provided by:



Approved February 2015

Annaloyde
SC LIC# 1272
CDR# 1069890



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|---|----------|---------------|-------------------|-------------|---------------|-----------|-------------|-----------|-------------------|------------|-------------|-----------------------|
| Sausage, 2 oz | 190 | 17 | 153 | 6 | 0 | 30 | 480 | 2 | 0 | 2 | 7 | Yes |
| Salsa, 6 oz | 50 | 0 | 0 | 0 | 0 | 0 | 800 | 10 | 5 | 5 | 0 | Yes |
| Creamed Chipped Beef – Texas Toast | | | | | | | | | | | | |
| Full Order, 2 sl Texas Toast/1.25 oz beef/8 oz gravy | 501 | 16.9 | 153.1 | 4.7 | 0 | 44.6 | 2085 | 62.6 | 2.7 | 15 | 26.4 | No |
| Half Order, 1 sl Texas Toast/0.62 oz beef/6 oz gravy | 316 | 11.4 | 108 | 3.4 | 0 | 27 | 1156 | 37.8 | 1.5 | 9.8 | 15.3 | No |
| Creamed Chipped Beef – Biscuit | | | | | | | | | | | | |
| Full Order, 2 biscuits/1.25 oz beef/8 oz gravy | 913 | 41.7 | 355.1 | 11.5 | 8.8 | 47.2 | 3547 | 107 | 5.1 | 18.6 | 31.2 | No |
| Half Order, 1 biscuit/0.62 oz beef/6 oz gravy | 522 | 23.8 | 209 | 6.8 | 4.4 | 28.3 | 1887 | 59.8 | 2.7 | 11.6 | 17.7 | No |
| Sausage Gravy on Texas Toast | | | | | | | | | | | | |
| Full Order, 2 sl Texas Toast/8 oz sausage gravy | 889 | 60 | 541 | 18.7 | 0 | 83 | 1498 | 61 | 2.7 | 13.4 | 14.4 | No |
| Half Order, 1 sl Texas Toast/6 oz sausage gravy | 510 | 33 | 302 | 10.4 | 0 | 46 | 866 | 37 | 1.5 | 9 | 16.8 | No |
| Homemade Biscuits & Gravy | | | | | | | | | | | | |
| Full Order, 2 biscuits/8 oz milk gravy | 851 | 40.8 | 347 | 11.1 | 8.8 | 19.6 | 2290 | 105 | 5.1 | 17 | 19.2 | No |
| Half Order, 1 biscuit/6 oz milk gravy | 491 | 23.4 | 205 | 6.6 | 4.4 | 14.3 | 1262 | 59 | 2.7 | 10.8 | 11.7 | No |
| Authentic Southern Specialties – Meats | | | | | | | | | | | | |
| Country Ham, 4 oz | 220 | 14 | 102 | 4 | 0 | 53 | 2550 | 0 | 0 | 0 | 28 | Yes |
| Egg, 1 ea | 72 | 5 | 43 | 0.75 | 0 | 185 | 70 | 0 | 0 | 0 | 6 | Yes |
| Fried Catfish, 6 oz** | 521 | 51 | 437 | 16 | 6 | 53 | 211 | 5 | 0 | 0.5 | 27 | No |
| Chicken Fried Steak, 4 oz** | 471 | 18 | 167 | 7 | 0 | 80 | 2971 | 31 | 1 | 0 | 28 | No |
| Country Liver Pudding, 6 oz | 240 | 12 | 105 | 4.5 | 0 | 165 | 1260 | 18 | 0 | 0 | 24 | No |
| Steak, 10 oz | 640 | 38 | 342 | 14 | 0 | 207 | 224 | 3 | 0 | 0 | 72 | Yes |
| Corned Beef Hash, 6 oz | 294 | 17 | 151 | 8 | 1 | 40 | 857 | 21 | 2 | 0 | 15 | Yes |
| Onion Sausage, 4 oz | 415 | 38 | 341 | 14 | 0 | 67 | 408 | 2 | 1 | 0 | 16 | Yes |
| Authentic Southern Specialty – Breakfast Sampler | | | | | | | | | | | | |
| Country Ham, ½ sl, 1.5 oz | 83 | 5.3 | 38 | 1.5 | 0 | 40 | 956 | 0 | 0 | 0 | 11 | Yes |
| Bacon, 2 sl | 316 | 30 | 272 | 10 | 0 | 50 | 500 | 0 | 0 | 0 | 10 | Yes |
| Sausage Patty, 1 ea, 2 oz | 225 | 22 | 198 | 7.2 | 0 | 33 | 335 | 0 | 0 | 0 | 7.5 | Yes |

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Annelle Lloyd
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CDR# 1069890



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|--|----------|---------------|-------------------|-------------|---------------|-----------|-------------|-----------|-------------------|------------|-------------|-----------------------|
| Sausage Links, 2 ea, 2 oz | 230 | 21 | 189 | 7 | 0 | 50 | 440 | 0 | 0 | 0 | 8 | Yes |
| Egg, 1 ea | 72 | 5 | 43 | 0.75 | 0 | 185 | 70 | 0 | 0 | 0 | 6 | Yes |
| Fluffy Homemade Pancakes | | | | | | | | | | | | |
| Pancake, 2 oz, 1 ea | 104 | 2.5 | 13 | 0.7 | 0 | 24 | 260 | 18 | 0.6 | 5 | 3 | No |
| French Toast | | | | | | | | | | | | |
| French Toast, 1 sl | 216 | 8 | 77 | 2 | 0 | 264 | 259 | 23 | 1 | 9 | 8 | No |
| Belgian Waffle | | | | | | | | | | | | |
| Belgian Waffle, 1 ea | 342 | 16 | 140 | 8 | 0 | 109 | 693 | 43 | 1 | 1 | 6.5 | No |
| Condiments | | | | | | | | | | | | |
| Syrup, Log Cabin®, 1 oz | 105 | 0 | 0 | 0 | 0 | 0 | 50 | 26 | 0 | 20 | 0 | Yes |
| Syrup, Smuckers®, 1 pk | 110 | 0 | 0 | 0 | 0 | 0 | 20 | 28 | 0 | 21 | 0 | Yes |
| Syrup, Smuckers®, sugar-free, 1 pk | 15 | 0 | 0 | 0 | 0 | 0 | 40 | 4 | 0 | 0 | 0 | Yes |
| Jelly, Smuckers®, Apple, 1 pk | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 8 | 0 | No |
| Jelly, Smuckers®, Apple Cinnamon, 1 pk | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 8 | 0 | No |
| Jelly, Smuckers®, Grape, 1 pk | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 8 | 0 | No |
| Jelly, Smuckers®, Mixed Fruit, 1 pk | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 8 | 0 | No |
| Apple Butter, Smuckers®, 1 pk | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 7 | 0 | No |
| Butter, 1 pk | 110 | 12 | 108 | 8 | 0 | 35 | 100 | 0 | 0 | 0 | 0 | Yes |
| Margarine, 1 pk | 22 | 2.5 | 22 | 1 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | Yes |
| Sides | | | | | | | | | | | | |
| Grits, 6 oz | 153 | 0.5 | 6 | 0 | 0 | 0 | 800 | 33 | 2 | 0 | 3 | Yes |
| Hashbrowns, 6 oz** | 467 | 34 | 294 | 7 | 4 | 0 | 570 | 40 | 4 | 1 | 4 | No |
| Country Skillet Apples, 6 oz | 196 | 5.5 | 49.5 | 1 | 0 | 0 | 75 | 40 | 3 | 34 | 0 | Yes |
| Sliced Tomatoes, 4 sl | 14 | 0 | 0 | 0 | 0 | 0 | 4 | 3 | 1 | 2 | 0.7 | Yes |
| Toast, 1 sl | 90 | 1 | 10 | 0 | 0 | 0 | 180 | 18 | 1 | 2 | 3 | No |
| Biscuit, 1 ea | 296 | 13.4 | 111 | 3.4 | 4.4 | 1.3 | 911 | 39 | 2.2 | 3.8 | 5.4 | No |
| Cereals | | | | | | | | | | | | |
| Fruit Loops®, 0.95 oz | 100 | 1 | 9 | 0 | 0 | 0 | 125 | 23 | 0 | 11 | 1 | No |
| Wheat Bran®, 1.13 oz | 100 | 0.5 | 5 | 0 | 0 | 0 | 230 | 25 | 5 | 6 | 3 | No |

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|---------------------------------------|----------|---------------|-------------------|-------------|---------------|-----------|-------------|-----------|-------------------|------------|-------------|-----------------------|
| Special K®, 0.81 oz | 90 | 0 | 0 | 0 | 0 | 0 | 170 | 17 | 0 | 3 | 5 | No |
| Corn Flakes®, 0.81 oz | 90 | 0 | 0 | 0 | 0 | 0 | 160 | 20 | 0 | 2 | 1 | No |
| Raisin Bran®, 1.52 oz | 140 | 1 | 9 | 0 | 0 | 0 | 260 | 33 | 5 | 14 | 3 | No |
| Frosted Flakes®, 1.2 oz | 130 | 0 | 0 | 0 | 0 | 0 | 170 | 22 | 0 | 3 | 1 | No |
| Rice Krispies®, 0.88 oz | 90 | 0 | 0 | 0 | 0 | 0 | 170 | 22 | 0 | 3 | 1 | No |
| Hot Oatmeal, 1 oz | 100 | 2 | 18 | 0 | 0 | 0 | 80 | 19 | 3 | 0 | 4 | No |
| Banana, 1 medium | 137 | 0 | 4 | 0 | 0 | 0 | 0 | 35 | 4 | 19 | 2 | Yes |
| Raisins, 2 oz | 182 | 0 | 0 | 0 | 0 | 0 | 14 | 43 | 2.8 | 41 | 1.4 | Yes |
| Juices | | | | | | | | | | | | |
| Orange Juice, 12 oz | 167 | 0 | 0 | 0 | 0 | 0 | 4 | 39 | 1 | 32 | 3 | Yes |
| Orange Juice, 20 oz | 279 | 1 | 9 | 0 | 0 | 0 | 6 | 64 | 1.2 | 52 | 4 | Yes |
| Ruby Red Grapefruit Juice, 12 oz | 180 | 0 | 0 | 0 | 0 | 0 | 97.5 | 45 | 0 | 45 | 0 | Yes |
| Ruby Red Grapefruit Juice, 20 oz | 300 | 0 | 0 | 0 | 0 | 0 | 162.5 | 75 | 0 | 75 | 0 | Yes |
| Cranberry Juice, 12 oz | 195 | 0 | 0 | 0 | 0 | 0 | 52.5 | 49.5 | 0 | 49.5 | 0 | Yes |
| Cranberry Juice, 20 oz | 325 | 0 | 0 | 0 | 0 | 0 | 87.5 | 82.5 | 0 | 82.5 | 0 | Yes |
| Apple Juice, 12 oz | 180 | 0 | 0 | 0 | 0 | 0 | 37.5 | 46.5 | 0 | 39 | 0 | Yes |
| Apple Juice, 20 oz | 300 | 0 | 0 | 0 | 0 | 0 | 62.5 | 77.5 | 0 | 65 | 0 | Yes |
| Tomato Juice, 12 oz | 70 | 0 | 0 | 0 | 0 | 0 | 970 | 14 | 3 | 9 | 3 | Yes |
| Tomato Juice, 20 oz | 119 | 0 | 0 | 0 | 0 | 0 | 1649 | 23.8 | 5.1 | 15.3 | 5.1 | Yes |
| Beverages | | | | | | | | | | | | |
| Real Southern Tea, Sweet, 20 oz | 213 | 0 | 0 | 0 | 0 | 0 | 0.5 | 55 | 0 | 55 | 0 | Yes |
| Real Southern Tea, Unsweetened, 20 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | Yes |
| Yuban Coffee®, 8 oz | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | Yes |
| Decaf Coffee, Maxwell House®, 8 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | Yes |
| Lipton®, Hot Tea, 2 bags | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | Yes |
| Hot Chocolate, 1 pk | 110 | 2 | 20 | 2 | 0 | 0 | 140 | 23 | 1 | 19 | 1 | Yes |
| Coke®, 20 oz | 240 | 0 | 0 | 0 | 0 | 0 | 75 | 65 | 0 | 65 | 0 | Yes |
| Diet Coke®, 20 oz | 0 | 0 | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 | Yes |
| Sprite®, 20 oz | 240 | 0 | 0 | 0 | 0 | 0 | 110 | 64 | 0 | 64 | 0 | Yes |

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|------------------------|----------|---------------|-------------------|-------------|---------------|-----------|-------------|-----------|-------------------|------------|-------------|-----------------------|
| Orange Soda, 20 oz | 270 | 0 | 0 | 0 | 0 | 0 | 90 | 74 | 0 | 74 | 0 | Yes |
| Lemonade, 20 oz | 260 | 0 | 0 | 0 | 0 | 0 | 80 | 70 | 0 | 67 | 0 | Yes |
| Milk, 2%, 12 oz | 180 | 7.5 | 68 | 4.5 | 0 | 30 | 180 | 18 | 0 | 16.5 | 12 | Yes |
| Milk, 2%, 20 oz | 300 | 12.5 | 113 | 7.5 | 0 | 50 | 300 | 30 | 0 | 28 | 20 | Yes |
| Milk, Chocolate, 12 oz | 240 | 4 | 54 | 2.3 | 0 | 22.5 | 270 | 41 | 0 | 38 | 11 | Yes |
| Milk, Chocolate, 20 oz | 400 | 6.3 | 56 | 3.8 | 0 | 37.5 | 450 | 68 | 0 | 63 | 18 | Yes |

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