



NUTRITIONAL INFORMATION

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugar (g)	Dietary Fiber (g)	Protein (g)
SANDWICHES												
Single Hamburger	1	364	364	17	6	<1	45	704	32	8	2	22
Single Cheeseburger	1	404	404	20	7	<1	48	919	33	8	2	24
Double Burger	1	519	519	27	9	<1	77	902	35	9	2	35
Double Cheeseburger	1	559	559	30	10	<1	80	1,117	36	10	2	37
Toasted Cheese	1	210	210	10	4	0	5	650	25	4	1	8
Crispy Chicken Sandwich	1	485	485	20	5	0	65	1,270	46	3	2	31
Grilled Chicken Sandwich	1	347	347	5	1.5	0	65	930	46	3	2	31

CHICKEN												
Individual	1	110	28	5	1	0	28	290	5	0	1	11
2 Tenders	2	220	56	10	2	0	56	580	10	0	2	22
3 Tenders	3	330	84	15	3	0	84	870	15	0	3	33
4 Tenders	4	440	112	20	4	0	112	1,160	20	0	4	44

FRIES AND COLESLAW												
Regular Fries	3.5 oz	182	71	8	1	0	0	172	25	0	2	7
Mega Fries	8oz	407	153	18	3	0	0	394	56	0	6	6
Cole Slaw	4oz	148	122	12	2	0	8	173	11	9	2	0

DRINKS												
Coke	Med Drink w/ ice	140	0	0	0	0	0	10	37	37	0	0
Diet Coke	Med Drink w/ ice	0	0	0	0	0	0	15	0	0	0	0
Fruit Punch	Med Drink w/ ice	143	0	0	0	0	0	12	38	38	0	0
Lemonade	Med Drink w/ ice	133	0	0	0	0	0	56	36	34	0	0
Mr. Pibb	Med Drink w/ ice	130	0	0	0	0	0	20	36	36	0	0
Sprite	Med Drink w/ ice	130	0	0	0	0	0	30	36	36	0	0
Tea (Splenda)	Med Drink w/ ice	0	0	0	0	0	0	0	0	0	0	0
Tea (Sweet)	Med Drink w/ ice	120	0	0	0	0	0	15	29	25	0	0
Tea (Unsweet)	Med Drink w/ ice	0	0	0	0	0	0	0	0	0	0	0

DESSERTS												
Apple Pie	1	230	90	11	2	0	0	250	31	8	2	3
Lemon Pie	1	240	80	10	2	0	0	280	35	13	1	3
Peach Pie	1	220	90	11	3	0	0	190	29	10	3	2
Chocolate Milkshake	1	645	298	34	22	0	131	237	76	61	0	10
Vanilla Milkshake	1	575	298	34	18.5	0	131	205	68	58	0	10

SAUCES AND EXTRAS												
Milo's Sauce	1.5oz	25	0	0	0	0	0	335	6	4	1	1
Honey Mustard	1.5oz	230	180	20	3	0	15	230	12	12	0	1
Ranch Sauce	1.5oz	225	210	24	3.75	0	15	360	2	2	0	2
Boom Boom Sauce	1.5oz	225	210	24	3.75	0	15	360	2	2	0	2
Double O Sauce	1.5oz	158	140	16	2.5	0	10	350	3	2	1	1
Cheese	1 slice	40	30	4	1.75	0	3	215	1	1	0	2

COMBOS WITH REG FRIES, NO DRINK												
Hamburger with Fries		546	218	25	7	<1	45	876	57	8	4	29
Hamburger with Slaw		512	269	29	8	<1	53	877	43	17	4	22
Cheeseburger with Fries		586	248	28	8	<1	48	1,091	58	8	4	31
Cheeseburger with Slaw		552	299	32	9	<1	56	1,092	44	17	4	24
3 Tenders with Fries		512	155	23	4	0	84	1,042	40	0	5	40
3 Tenders with Slaw		478	206	27	5	0	92	1,043	26	9	5	33
4 Tenders with Fries		622	183	28	5	0	112	1,332	45	0	6	51
4 Tenders with Slaw		588	234	32	6	0	120	1,333	31	9	6	44
Chicken Sand (Grilled) with Fries		529	148	13	2.5	0	65	1,102	71	3	4	38
Chicken Sand (Grilled) with Slaw		495	199	17	3.5	0	73	1,103	57	12	4	31
Chicken Sand (Crispy) with Fries		667	183	28	5.5	0	65	1,442	71	3	4	38
Chicken Sand (Crispy) with Slaw		633	234	32	6.5	0	73	1,443	57	12	4	31
Double Cheeseburger and Mega Fries		966	419	48	13	<1	80	1,511	92	10	8	43
Mega Meal: Double CB, Mega Fries, and Pie		1,196	509	59	15	<1	80	1,761	123	18	10	46
2 Tenders with Fries		402	127	18	3	0	56	752	35	0	4	29
Toasted Cheese with Fries		392	154	18	5	0	5	822	50	4	3	15

BISCUITS												
Plain Biscuit	1	280	130	14	8	0	0	860	34	4	1	5
Conecuh Biscuit	1	456	275	30	13	0	35	1,331	35	5	1	12
Chicken Breast Biscuit	1	445	198	21	9	0	30	1,370	41	4	2	20
Bacon, Egg & Cheese Biscuit	1	507	288	32	17	0	44	1,868	36	5	1	19
Conecuh Gravy Biscuit	1	503	269	29	12	0	26	1,696	46	6	1	12
Sausage Patty Biscuit	1	456	275	30	13	0	35	1,331	35	5	1	12
Bacon Biscuit	1	393	210	23	12	0	21	1,365	35	4	1	13
Country Gravy Biscuit	1	370	160	17	8	0	0	1,340	46	6	1	7

BISCUIT COMBOS WITH REG HASHBROWNS, NO DRINK												
Plain Biscuit		496	238	26	10	0	0	1,414	62	4	4	8
Conecuh Biscuit		672	383	42	15	0	35	1,885	63	5	4	15
Chicken Breast Biscuit		661	306	33	11	0	30	1,924	69	4	5	23
Bacon, Egg & Cheese Biscuit		723	396	44	19	0	44	2,422	64	5	4	22
Conecuh Gravy Biscuit		719	377	41	14	0	26	2,250	74	6	4	15
Sausage Patty Biscuit		672	383	42	15	0	35	1,885	63	5	4	15
Bacon Biscuit		609	318	35	14	0	21	1,919	63	4	4	15
Country Gravy Biscuit		586	268	29	10	0	0	1,894	74	6	4	10

SANDWICH AND WRAP												
Sandwich (varies +/- 10% depending on choice of meat)	1	494	294	33	14	0	78	1,482	25	4	1	23
Wrap (varies +/- 10% depending on choice of meat)	1	457	227	26	10	0	49	1,069	38	2	2	18

SANDWICH AND WRAP COMBOS WITH REG HASHBROWNS, NO DRINK												
Sandwich (varies +/- 10% depending on choice of meat)		710	402	45	16	0	78	2,036	53	4	4	25
Wrap (varies +/- 10% depending on choice of meat)		673	335	38	12	0	49	1,623	66	2	5	21

PROTEIN PLATE & CALORIE COUNTER SANDWICH												
Protein Plate	1	531	398	45	19	0	121	1,691	2	1	0	26
Calorie Counter Sandwich	1	272	95	11	6	0	49	1,289	23	5	4	21

BREAKFAST SIDES												
Cinnamon Rolls	4 rolls	300	90	10.5	3	0	30	270	48	27	0	3
Crispy Hashbrowns (Regular)	3.5 oz	216	108	12	2	0	0	554	28	0	3	3
Crispy Hashbrowns (Large)	8 oz	432	216	24	4	0	0	1,108	56	0	5	5

BREAKFAST DRINKS												
Coffee	16oz	4	0	0	0	0	0	10	0	0	0	0
Orange Juice	8 oz	80	0	0	0	0	0	0	20	17	0	1
Milk	14 oz	120	40	5	3	0	20	120	12	11	0	8

Nutritional information provided on this site is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Information is expressed in values based on federal rounding and other applicable regulations. Milo's cannot guarantee the nutritional information provided on this site is fully accurate as it relates to the prepared menu items in all of our restaurants. Milo's menu items are made to order by hand. This may cause slight variations in serving sizes which may affect the nutrition values for each product.