



NUTRITIONAL INFORMATION

	Serving Size	Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Sugars	Dietary Fiber	Protein
SANDWICHES												
Hamburger	1	337	98	12	3	1	57	690	35	8	4	24
Cheeseburger	1	377	128	16	5	1	60	905	36	8	4	26
Double Burger	1	515	183	22	6	1	107	1,203	43	13	5	39
Double Cheeseburger	1	555	213	25	7	1	109	1,418	44	14	5	41
Thick-Style Burger	1	519	213	25	7	<1	109	827	36	10	3	40
Kids Burger	1	315	91	12	3	<1	53	509	33	7	3	22
BLT	1	299	131	15	7	0	40	924	25	4	1	16
Toasted Cheese	1	220	60	9	4	0	5	680	29	4	3	11
Crispy Chicken Sandwich	1	425	118	15	1	0	105	1,085	44	4	4	32
Grilled Chicken Sandwich	1	262	17	3	0.5	0	83	706	29	4	4	32
Double Thick	1	645	323	38	12	1	119	1,260	38	11	3	43
Mexi Burger	1	540	213	27	7	1	112	1,197	36	5	4	38
Bacon Cheeseburger (thick style)	1	654	317	37	11	1	134	1,184	38	11	4	46
Crispy Chicken Sandwich w/ sauce	1	450	118	15	1	0	105	1,420	50	7	5	32
Spicy Crispy Chicken Sandwich	1	650	328	39	5	0	120	1,445	45	5	4	33
Crispy Chicken Deluxe	1	779	383	44	9	0	142	1,883	57	17	4	41
CHICKEN												
Individual Tender	1	98	34	4	0.3	0	37	306	6	0	0	10
20 Piece Tender Tray	20	1,950	676	76	6	0	734	6,124	122	6	6	198
2 Tenders	2	195	68	8	0.6	0	73	612	12	1	1	20
3 Tenders	3	293	101	11	0.9	0	110	919	18	1	1	30
4 Tenders	4	390	135	15	1.2	0	147	1,225	24	1	1	40
SIDES												
Regular Fries	4 oz	248	99	11	1.2	0	5	363	34	1	3	3
Mega Fries	8 oz	497	198	22	2.5	0	10	726	68	1	6	6
Broccoli Slaw	4 oz	110	0	8	1	0	5	130	10	6	3	3
LOADED FRIES												
Milo's Fries	1	658	312	36	8	1	117	1,250	46	4	4	35
Mexi Fries	1	413	183	22	5	0	30	1,523	41	1	4	10
DRINKS												
Coke	Med Drink w/ ice	128	0	0	0	0	0	41	36	36	0	0
Diet Coke	Med Drink w/ ice	0	0	0	0	0	0	37	0	0	0	0
Caffeine Free Diet Coke	Med Drink w/ ice	0	0	0	0	0	0	37	0	0	0	0
Fruit Punch	Med Drink w/ ice	142	0	0	0	0	0	176	38	36	0	0
Lemonade	Med Drink w/ ice	193	0	0	0	0	0	21	45	45	0	0
Diet Lemonade	Med Drink w/ ice	14	0	0	0	0	0	21	0	0	0	0
Dr Pepper	Med Drink w/ ice	138	0	0	0	0	0	55	36	35	0	0
Diet Dr Pepper	Med Drink w/ ice	0	0	0	0	0	0	55	0	0	0	0
Sprite	Med Drink w/ ice	128	0	0	0	0	0	60	35	35	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	256	109	12	2.8	0	4	247	34	7	1	2
Lemon Pie	1	256	109	12	2.8	0	4	247	34	7	1	2
Peach Pie	1	256	109	12	2.8	0	4	247	34	7	1	2
Kids Ice Cream Cup	4oz	195	60	7	4	0	23	135	30	26	0	4
Vanilla Bean Shake	Reg size = 14oz	666	165	19	12	0	62	381	123	110	0	12
Chocolate Shake	Reg size = 14oz	571	165	19	12	0	62	386	91	77	0	12
Strawberry Shake	Reg size = 14oz	666	165	19	12	0	62	381	115	102	0	12
Banana Shake	Reg size = 14oz	756	165	19	12	0	62	381	137	124	0	12
Peanut Butter Shake	Reg size = 14oz	726	309	35	15	0	407	511	91	73	2	19



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Cookies & Cream Shake	Reg size = 14oz	806	205	23	14	0	62	601	147	120	1	14
Sweet Tea Shake	Reg size = 14oz	573	165	19	12	0	62	372	92	79	0	12
Vanilla Bean Shake	Large size = 20oz	975	240	27	18	0	90	555	180	162	0	18
Chocolate Shake	Large size = 20oz	833	240	27	18	0	90	563	132	113	0	18
Strawberry Shake	Large size = 20oz	975	240	27	18	0	90	555	168	150	0	18
Banana Shake	Large size = 20oz	1,110	240	27	18	0	90	555	201	183	0	18
Peanut Butter Shake	Large size = 20oz	1,065	456	51	22	0	607	750	132	107	3	28
Cookies & Cream Shake	Large size = 20oz	1,185	300	34	20	0	90	885	216	177	2	21
Sweet Tea Shake	Large size = 20oz	835	240	27	18	0	90	542	134	115	0	18

SAUCES & OTHER EXTRAS

Milo's Sauce	1.5oz	25	0	0	0	0	0	335	6	4	1	1
Honey Mustard	1.5 oz	230	180	20	3	0	15	230	12	12	0	1
Ranch Sauce	1.5 oz	225	210	24	3.75	0	15	360	2	2	0	2
Boom Boom Sauce	1.5 oz	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
Ketchup	1.5 oz	45	0	0	0	0	0	570	12	12	0	0
Add Cheese	1 slice	40	30	4	1.75	0	3	215	1	1	0	2
Add Bacon	2 slices	80	54	6	3	0	20	350	0	0	0	6

COMBOS WITHOUT DRINK

Burger with Fries		585	197	23	4	<1	62	1,053	69	8	7	27
Burger with Slaw		447	98	20	4	<1	62	820	45	14	7	27
Cheeseburger with Fries		625	227	27	6	<1	65	1,268	70	9	7	29
Cheeseburger with Slaw		487	128	23	6	<1	65	1,035	46	14	7	29
Double Burger with Fries		763	282	33	7	1	112	1,566	77	14	8	42
Double Burger with Slaw		625	183	29	7	1	112	1,333	53	19	8	42
Double Cheeseburger with Fries		803	312	36	9	1	114	1,781	78	14	8	44
Double Cheeseburger with Slaw		665	213	33	8	1	114	1,548	54	20	8	44
Double Thick with Fries		893	422	49	13	1	124	1,623	72	12	6	47
Double Thick with Slaw		755	323	45	13	1	124	1,390	48	17	6	46
Mexi Burger with Fries		788	312	38	8	1	117	1,560	70	5	7	42
Mexi Burger with Slaw		650	213	34	8	1	117	1,327	46	11	7	41
Bacon Cheeseburger with Fries		902	416	48	13	1	139	1,547	72	12	7	49
Bacon Cheeseburger with Slaw		764	317	44	12	1	139	1,314	48	17	7	49
Mega Meal: Double Cheeseburger, Mega Fries and Pie		1,308	520	59	13	1	123	2,390	146	21	12	50
Thick-Style Burger with Fries		767	312	36	9	<1	114	1,189	70	10	6	43
3 Tenders with Fries		541	200	22	2.1	0	115	1,282	52	1	4	33
3 Tenders with Slaw		403	101	19	1.9	0	115	1,049	28	7	4	33
3 Tenders with Fries & Slaw		651	200	30	3	0	120	1,412	62	7	7	36
4 Tenders with Fries		638	234	26	2	0	152	1,588	58	2	4	43
4 Tenders with Slaw		500	135	23	2	0	152	1,355	34	7	4	43
4 Tenders with Fries & Slaw		748	234	34	3	0	157	1,718	68	8	7	46
Chicken Sand (Grilled) with Fries		510	116	14	1.7	0	88	1,069	63	4	6	35
Chicken Sand (Grilled) with Slaw		372	17	11	1.5	0	88	836	39	10	7	35
Chicken Sand (Crispy) with Fries		673	217	26	2.5	0	110	1,448	78	4	7	35
Chicken Sand (Crispy) with Slaw		535	118	22	2.3	0	110	1,215	54	10	7	35
Chicken Sand (Crispy) w/ sauce w/ Fries		698	217	26	3	0	110	1,783	84	8	8	36
Chicken Sand (Crispy) w/ sauce w/ Slaw		560	118	22	2	0	110	1,550	60	13	8	35
Spicy Crispy w/ Fries		898	427	50	6	0	125	1,808	79	6	7	37
Spicy Crispy w/ Slaw		760	328	46	6	0	125	1,575	55	11	7	36
Crispy Chicken Deluxe with Fries		1,027	482	55	10	0	147	2,246	91	17	7	44
Crispy Chicken Deluxe with Saw		889	383	52	10	0	147	2,013	67	23	7	44
2 Tenders with Fries		443	167	19	2	0	79	975	46	1	4	23
Kids Burger with Fries		563	190	23	4	0	58	872	67	8	6	25
Toasted Cheese with Fries		468	159	20	5	0	10	1,043	63	5	6	14

BISCUITS

Plain		290	130	15	10	0	5	1,060	32	2	1	6
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Serving Size	Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Sugars	Dietary Fiber	Protein
Conecuh	466	275	31	15	0	40	1,531	33	3	1	13
Chicken	388	164	19	10	0	42	1,366	38	2	1	16
Bacon, Egg & Cheese	518	252	33	17	1	213	1,820	34	3	1	21
Sausage Patty	390	211	24	13	0	25	1,265	33	2	1	11
Bacon	370	184	21	13	0	25	1,410	32	2	1	12

BISCUIT COMBO'S [WITH REG HASHBROWNS, BUT WITHOUT DRINK]

Plain	652	351	40	12	0	91	1,582	65	3	5	9
Conecuh	828	496	56	17	0	126	2,053	66	3	5	16
Chicken	749	385	43	12	0	128	1,888	71	3	5	19
Bacon, Egg & Cheese	880	473	58	19	1	299	2,342	66	3	5	23
Sausage Patty	752	432	49	15	0	111	1,787	65	3	5	13
Bacon	732	405	46	15	0	111	1,932	65	3	5	15

WAFFLE-WICH

Plain (2 waffles)	180	90	8	3	0	0	280	24	7	1	2
Conecuh	356	235	24	8	0	35	751	25	8	1	9
Chicken	278	124	12	3	0	37	586	30	7	1	12
Bacon, Egg & Cheese	408	212	26	10	1	208	1,040	26	8	1	17
Sausage Patty	280	171	17	6	0	20	485	25	7	1	7
Bacon	260	144	14	6	0	20	630	24	7	1	8

WAFFLE-WICH COMBO'S [WITH REG HASHBROWN, WITHOUT DRINK]

Plain (2 waffles)	542	311	33	5	0	86	802	57	8	5	5
Conecuh	718	456	49	10	0	121	1,273	58	8	5	12
Chicken	639	345	36	5	0	123	1,108	63	8	5	15
Bacon, Egg & Cheese	770	433	51	12	1	294	1,562	58	8	5	19
Sausage Patty	642	392	42	8	0	106	1,007	57	8	5	9
Bacon	622	365	39	8	0	106	1,152	57	8	5	11

GRITS

Grits - cup	4 oz	105	58	7	2	0	7	98	10	<1	1	1
Cheese Grits - cup	4 oz	160	98	11	5	0	22	183	10	<1	1	5
Grits Bowl	8 oz	210	115	14	4	0	14	196	20	<1	1	2
Cheese Grits Bowl	8 oz	320	195	23	9	0	44	366	20	<1	1	9
Add: Chicken to Grits Bowl	2 oz	97.5	33.8	3.8	0.3	0	36.7	306.2	6.1	0.3	0.3	9.9
Add: Conecuh to Grits Bowl	1.5 oz	133	109	12	3.8	0	26	356	0.4	0.4	0	5
Add: Patty Sausage to Grits Bowl	1oz	100	81	9	3	0	20	205	0.5	0	0	4.5
Add: Bacon to Grits Bowl	2 slices	80	54	6	3	0	20	350	0	0	0	6

BREAKFAST SANDWICH [EGG, CHEESE & PROTEIN]

Breakfast Sandwich w/ Chicken	1	484	163	28	7	1	409	1,131	31	4	1	29
Breakfast Sandwich w/ Conecuh	1	562	274	40	12	1	408	1,296	26	4	1	26
Breakfast Sandwich w/ Patty Sausage	1	486	210	33	10	1	393	1,030	26	4	1	24
Breakfast Sandwich w/ Bacon	1	546	237	36	13	1	413	1,525	25	4	1	31

BREAKFAST BURRITO

Breakfast Burrito w/ Chicken	1	434	180	27	7	1	409	1,351	15	1	17	33
Breakfast Burrito w/ Conecuh	1	512	291	39	11	1	408	1,516	10	1	17	30
Breakfast Burrito w/ Patty Sausage	1	436	227	32	9	1	393	1,250	10	1	17	28
Breakfast Burrito w/ Bacon	1	416	200	29	9	1	393	1,395	9	1	17	29

BREAKFAST PLATES

Protein Plate w/ Chicken		519	182	34	8	2	628	1,197	14	1	1	39
Protein Plate w/ Conecuh		633	368	55	16	2	616	1,412	3	1	0	32
Protein Plate w/ Patty Sausage		524	276	45	13	2	595	995	3	0	0	29
Protein Plate w/ Bacon		444	195	36	11	2	585	1,110	2	0	0	29
Waffle Plate w/ Chicken		465	203	20	5	0	73	1,032	48	11	2	23



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Waffle Plate w/ Conecuh	579	389	40	14	0	61	1,247	37	12	2	15
Waffle Plate w/ Patty Sausage	470	297	30	11	0	40	830	37	11	2	12
Waffle Plate w/ Bacon	390	216	21	9	0	30	945	36	11	2	12

BREAKFAST - OTHER

Crispy Hashbrowns (Regular)	4 oz	362	221	25	2	0	86	522	33	1	4	3
Crispy Hashbrowns (Large)	8 oz	723	442	49	4	0	172	1,043	66	1	7	5
Add Egg	2oz	108	38	9	2	1	185	195	1	0	0	7
Add Bacon	2 slices	80	54	6	3	0	20	350	0	0	0	6
Add Cheese	1 slice	40	30	4	2	0	3	215	1	1	0	2
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