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| Seasoned Tortilla Strips | 17 | 80 | 1 | 5 | 11 | 105 | 1 | 0 | 0 | 1 | 0 | 2 |
| Red Jalapeño Dressing | 31 | 100 | 1 | 10 | 2 | 220 | 2 | 0 | 10 | 0 | 1 | 3 |
| Chicken BLT Cobb Salad | 385 | 380 | 44 | 18 | 11 | 1190 | 9 | 0 | 260 | 3 | 4 | 10 |
| Chicken BLT Cobb Salad Half-Size | 211 | 190 | 22 | 9 | 6 | 600 | 5 | 0 | 130 | 2 | 2 | 5 |
| Avocado Ranch Dressing | 31 | 100 | 1 | 10 | 2 | 220 | 2 | 0 | 10 | 0 | 1 | 3 |
| Spicy Chicken Caesar Salad | 354 | 480 | 35 | 27 | 24 | 1030 | 12 | 1 | 90 | 6 | 3 | 13 |
| Spicy Chicken Caesar Salad Half-Size | 221 | 250 | 18 | 14 | 14 | 520 | 6 | 0 | 45 | 4 | 2 | 7 |
| Gourmet Croutons | 18 | 80 | 2 | 3 | 13 | 190 | 0 | 0 | 0 | 0 | 0 | 2 |
| Lemon Garlic Caesar Dressing | 31 | 110 | 2 | 11 | 2 | 180 | 2 | 0 | 10 | 0 | 1 | 3 |
| Classic Ranch Dressing | 31 | 100 | 1 | 10 | 2 | 150 | 2 | 0 | 10 | 0 | 1 | 3 |
| Light Classic Ranch Dressing | 31 | 50 | 1 | 5 | 2 | 160 | 1 | 0 | 10 | 0 | 1 | 1 |
| Italian Vinaigrette Dressing | 31 | 70 | 0 | 6 | 4 | 180 | 1 | 0 | 0 | 0 | 3 | 2 |
| Fat-Free French Dressing | 31 | 40 | 0 | 0 | 9 | 95 | 0 | 0 | 0 | 0 | 8 | 1 |
| Thousand Island Dressing | 31 | 160 | 0 | 15 | 5 | 290 | 3 | 0 | 15 | 0 | 4 | 4 |
| SIDE SELECTIONS | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |

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|---------------------------------------|-----|-----|----|----|----|------|----|---|----|---|---|----|
| Garden Side Salad | 98 | 20 | 1 | 0 | 4 | 30 | 0 | 0 | 0 | 2 | 2 | 1 |
| Gourmet Croutons | 18 | 80 | 2 | 3 | 13 | 190 | 0 | 0 | 0 | 0 | 0 | 2 |
| Caesar Side Salad | 106 | 60 | 4 | 4 | 4 | 70 | 3 | 0 | 10 | 2 | 1 | 2 |
| Gourmet Croutons | 18 | 80 | 2 | 3 | 13 | 190 | 0 | 0 | 0 | 0 | 0 | 2 |
| Lemon Garlic Caesar Dressing | 31 | 110 | 2 | 11 | 2 | 180 | 2 | 0 | 10 | 0 | 1 | 3 |
| Apple Slices | 68 | 40 | 0 | 0 | 9 | 0 | 0 | 0 | 0 | 2 | 7 | 1 |
| Plain Baked Potato (avg. wgt. 10 oz.) | 283 | 270 | 7 | 0 | 61 | 25 | 0 | 0 | 0 | 7 | 3 | 7 |
| Sour Cream & Chive Baked Potato | 309 | 320 | 8 | 4 | 63 | 50 | 2 | 0 | 10 | 7 | 4 | 9 |
| Buttery Best Spread | 11 | 50 | 0 | 6 | 0 | 95 | 1 | 0 | 0 | 0 | 0 | 2 |
| Rich & Meaty Chili, Small | 227 | 180 | 13 | 5 | 20 | 790 | 2 | 0 | 30 | 4 | 5 | 5 |
| Rich & Meaty Chili, Large | 340 | 270 | 19 | 8 | 31 | 1180 | 3 | 1 | 40 | 7 | 8 | 7 |
| Hot Chili Seasoning Packet | 7 | 5 | 0 | 0 | 1 | 280 | 0 | 0 | 0 | 0 | 1 | 0 |
| Saltine Crackers | 6 | 25 | 1 | 1 | 5 | 80 | 0 | 0 | 0 | 0 | 0 | 1 |
| Cheddar Cheese, Shredded | 17 | 70 | 4 | 6 | 1 | 110 | 4 | 0 | 15 | 0 | 0 | 2 |
| Chili Cheese Fries | 280 | 530 | 16 | 28 | 55 | 1050 | 10 | 1 | 45 | 7 | 4 | 15 |
| Value NaturalCut Fries | 77 | 220 | 3 | 11 | 28 | 240 | 2 | 0 | 0 | 3 | 0 | 6 |

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| Small NaturalCut Fries | 108 | 310 | 4 | 15 | 40 | 330 | 3 | 0 | 0 | 4 | 0 | 9 |
| Medium Natural-Cut Fries | 142 | 410 | 5 | 20 | 52 | 440 | 4 | 0 | 0 | 5 | 0 | 11 |
| Large NaturalCut Fries | 176 | 500 | 6 | 24 | 65 | 540 | 5 | 0 | 0 | 6 | 0 | 14 |
| Ketchup, 1 Packet | 7 | 10 | 0 | 0 | 2 | 70 | 0 | 0 | 0 | 0 | 2 | 0 |
| BEVERAGES | Serving Size | Calories | Protein (g) | Total Fat | Total Carbs | Sodium (mg) | Saturated Fat (g) | Trans Fat | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
| | (G) | | | (g) | (g) | | | (g) | | | | |
| TruMoo® 1% Lowfat White Milk | 227 | 100 | 8 | 3 | 12 | 115 | 2 | 0 | 10 | 0 | 11 | 3 |
| TruMoo 1% Lowfat Chocolate Milk | 227 | 120 | 8 | 3 | 18 | 160 | 2 | 0 | 10 | 0 | 17 | 3 |
| Juicy Juice® Apple Juice | 191 | 90 | 0 | 0 | 22 | 5 | 0 | 0 | 0 | 0 | 20 | 2 |
| Diet Coke®, Small Cup | 392 | 0 | 0 | 0 | 0 | 15+ | 0 | 0 | 0 | 0 | 0 | 0 |
| Sprite®, Small Cup | 409 | 160 | 0 | 0 | 43 | 35+ | 0 | 0 | 0 | 0 | 43 | 5 |
| Coca-Cola®, Small Cup | 409 | 160 | 0 | 0 | 44 | 0+ | 0 | 0 | 0 | 0 | 44 | 5 |
| Minute Maid® Light Lemonade, Small Cup | 393 | 5 | 0 | 0 | 1 | 5+ | 0 | 0 | 0 | 0 | 0 | 0 |
| Hi-C® Flashin' Fruit Punch®, Small Cup | 410 | 170 | 0 | 0 | 46 | 15+ | 0 | 0 | 0 | 0 | 46 | 5 |
| Barq's® Root Beer, Small Cup | 411 | 180 | 0 | 0 | 50 | 40+ | 0 | 0 | 0 | 0 | 50 | 5 |

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| Fanta® Orange, Small Cup | 411 | 180 | 0 | 0 | 49 | 25+ | 0 | 0 | 0 | 0 | 49 | 5 |
| Pibb Xtra®, Small Cup | 409 | 160 | 0 | 0 | 43 | 25+ | 0 | 0 | 0 | 0 | 43 | 5 |
| Coke Zero™, Small Cup | 409 | 0 | 0 | 0 | 0 | 5+ | 0 | 0 | 0 | 0 | 0 | 0 |
| Dr Pepper®, Small Cup | 391 | 160 | 0 | 0 | 43 | 40+ | 0 | 0 | 0 | 0 | 43 | 5 |
| Brewed Unsweetened Iced Tea | 258 | 0 | 0 | 0 | 0 | 10+ | 0 | 0 | 0 | 0 | 0 | 0 |
| Brewed Sweetened Iced Tea | 286 | 110 | 0 | 0 | 29 | 10+ | 0 | 0 | 0 | 0 | 28 | 3 |
| Strawberry Tea, Small Cup | 301 | 50 | 0 | 0 | 13 | 10+ | 0 | 0 | 0 | 0 | 12 | 1 |
| | | | | | | | | | | | | |
| Nestlé® Pure Life® Bottled Water | 479 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| All Natural Lemonade, Small Cup | 288 | 150 | 0 | 0 | 37 | 15+ | 0 | 0 | 0 | 0 | 35 | 4 |
| Strawberry Lemonade, Small Cup | 286 | 180 | 0 | 0 | 46 | 15+ | 0 | 0 | 0 | 0 | 43 | 5 |
| CRISPY CHICKEN NUGGETS | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
| 4-Piece Regular Chicken Nuggets | 60 | 180 | 9 | 12 | 10 | 350 | 3 | 0 | 30 | 1 | 0 | 5 |
| 4-Piece Spicy Chicken Nuggets | 60 | 170 | 10 | 11 | 9 | 500 | 3 | 0 | 30 | 1 | 0 | 5 |
| 6-Piece Regular Chicken Nuggets | 90 | 270 | 14 | 18 | 14 | 520 | 4 | 0 | 45 | 1 | 0 | 7 |

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| 6-Piece Spicy Chicken Nuggets | 90 | 260 | 15 | 17 | 14 | 750 | 4 | 0 | 45 | 1 | 0 | 7 |
| 10-Piece Chicken Nuggets | 150 | 450 | 23 | 30 | 24 | 870 | 7 | 0 | 75 | 2 | 0 | 12 |
| Barbecue Nugget Sauce | 28 | 45 | 0 | 0 | 11 | 120 | 0 | 0 | 0 | 0 | 4 | 1 |
| Sweet & Sour Nugget Sauce | 28 | 50 | 0 | 0 | 12 | 120 | 0 | 0 | 0 | 0 | 10 | 1 |
| Honey Mustard Nugget Sauce | 28 | 80 | 0 | 6 | 7 | 220 | 1 | 0 | 10 | 0 | 3 | 2 |
| Heartland Ranch Dipping Sauce | 28 | 120 | 0 | 12 | 3 | 240 | 2 | 0 | 10 | 0 | 2 | 3 |
| SANDWICHES | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
| Jr. Hamburger | 102 | 250 | 14 | 10 | 25 | 600 | 4 | 1 | 40 | 2 | 5 | 7 |
| Jr. Cheeseburger | 114 | 290 | 16 | 13 | 26 | 800 | 6 | 1 | 50 | 2 | 6 | 8 |
| | | | | | | | | | | | | |
| Jr. Bacon Cheeseburger (JBC) | 151 | 390 | 20 | 22 | 26 | 870 | 8 | 1 | 65 | 2 | 5 | 10 |
| Jr. Cheeseburger Deluxe | 157 | 350 | 17 | 19 | 27 | 830 | 7 | 1 | 55 | 2 | 7 | 9 |
| Double Stack™ | 170 | 420 | 27 | 21 | 26 | 1060 | 10 | 2 | 90 | 2 | 6 | 11 |
| Hamburger, Kids' Meal | 94 | 250 | 14 | 10 | 25 | 530 | 4 | 1 | 40 | 1 | 5 | 7 |
| Cheeseburger, Kids' Meal | 106 | 290 | 16 | 13 | 26 | 730 | 6 | 1 | 50 | 1 | 6 | 8 |
| 1/4 lb. Single w/ Cheese | 247 | 580 | 30 | 31 | 42 | 1220 | 13 | 2 | 100 | 3 | 10 | 15 |
| 1/2 lb. Double w/ Cheese | 329 | 820 | 48 | 47 | 42 | 1510 | 20 | 3 | 170 | 3 | 10 | 21 |

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| 3/4 lb. Triple w/ Cheese | 423 | 1090 | 69 | 66 | 43 | 1990 | 29 | 4 | 255 | 3 | 11 | 28 |
| Baconator® | 295 | 940 | 57 | 56 | 41 | 1890 | 23 | 3 | 205 | 2 | 9 | 24 |
| Son of Baconator® | 211 | 670 | 38 | 37 | 41 | 1670 | 15 | 2 | 130 | 2 | 9 | 17 |
| Ultimate Chicken Grill Sandwich | 231 | 370 | 34 | 7 | 43 | 880 | 2 | 0 | 95 | 2 | 9 | 10 |
| Spicy Chicken Sandwich | 244 | 510 | 29 | 20 | 55 | 1130 | 4 | 0 | 65 | 4 | 7 | 14 |
| Homestyle Chicken Sandwich | 247 | 510 | 29 | 20 | 54 | 1200 | 4 | 0 | 70 | 4 | 8 | 14 |
| Asiago Ranch Club w/ Homestyle Chicken | 284 | 670 | 38 | 32 | 57 | 1640 | 9 | 0 | 100 | 4 | 9 | 18 |
| Asiago Ranch Club w/ Ultimate Chicken Gril | 1 265 | 530 | 43 | 21 | 43 | 1270 | 7 | 0 | 130 | 2 | 8 | 14 |
| Asiago Ranch Club w/ Spicy Chicken | 282 | 670 | 37 | 32 | 57 | 1560 | 9 | 1 | 100 | 4 | 8 | 18 |
| Crispy Chicken Sandwich | 142 | 380 | 15 | 20 | 35 | 680 | 4 | 0 | 35 | 3 | 4 | 10 |
| | | | | | | | | | | | | |
| Crispy Chicken Caesar Wrap | 157 | 440 | 17 | 26 | 33 | 970 | 7 | 0 | 45 | 2 | 1 | 12 |
| Grilled Chicken Go Wrap | 127 | 260 | 19 | 10 | 25 | 740 | 4 | 0 | 55 | 1 | 3 | 7 |
| Homestyle Chicken Go Wrap | 136 | 340 | 17 | 17 | 30 | 910 | 5 | 0 | 45 | 1 | 1 | 9 |
| Spicy Chicken Go Wrap | 135 | 330 | 17 | 16 | 30 | 870 | 5 | 0 | 40 | 1 | 1 | 9 |
| SANDWICH COMPONENTS | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |

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|----------------------------------|-----|-----|----|----|----|-----|---|---|----|---|---|---|
| Jr. Hamburger Patty | 45 | 120 | 10 | 8 | 0 | 260 | 4 | 1 | 40 | 0 | 0 | 3 |
| 1/4 lb.* Hamburger Patty | 82 | 240 | 18 | 16 | 0 | 290 | 7 | 1 | 70 | 0 | 0 | 6 |
| Ultimate Chicken Grill Fillet | 106 | 130 | 27 | 2 | 3 | 470 | 0 | 0 | 90 | 0 | 0 | 3 |
| Spicy Chicken Fillet | 122 | 260 | 21 | 12 | 17 | 760 | 3 | 0 | 60 | 1 | 0 | 7 |
| Homestyle Chicken Fillet | 125 | 270 | 22 | 12 | 17 | 840 | 3 | 0 | 65 | 1 | 1 | 7 |
| Crispy Chicken Patty | 77 | 210 | 11 | 13 | 11 | 430 | 3 | 0 | 30 | 1 | 0 | 6 |
| Sandwich Bun | 44 | 120 | 4 | 2 | 23 | 220 | 0 | 0 | 0 | 1 | 4 | 3 |
| Premium Toasted Bun | 68 | 190 | 7 | 2 | 36 | 330 | 0 | 0 | 0 | 2 | 6 | 5 |
| Tortilla | 43 | 120 | 3 | 4 | 20 | 380 | 1 | 0 | 0 | 0 | 0 | 3 |
| American Cheese | 11 | 40 | 2 | 4 | 1 | 190 | 2 | 0 | 10 | 0 | 0 | 1 |
| Cheddar Cheese, Shredded | 9 | 35 | 2 | 3 | 0 | 55 | 2 | 0 | 10 | 0 | 0 | 1 |
| Natural Asiago Cheese | 14 | 50 | 3 | 4 | 1 | 100 | 3 | 0 | 15 | 0 | 0 | 1 |
| Applewood Smoked Bacon – 1 strip | 4 | 25 | 2 | 2 | 0 | 85 | 1 | 0 | 5 | 0 | 0 | 1 |
| | | | | | | | | | | | | |
| Mayonnaise | 7 | 50 | 0 | 5 | 0 | 30 | 1 | 0 | 5 | 0 | 0 | 1 |
| Ketchup | 7 | 10 | 0 | 0 | 2 | 70 | 0 | 0 | 0 | 0 | 2 | 0 |
| Mustard | 3 | 0 | 0 | 0 | 0 | 30 | 0 | 0 | 0 | 0 | 0 | 0 |
| Smoky Honey Mustard | 10 | 45 | 0 | 4 | 3 | 75 | 1 | 0 | 5 | 0 | 2 | 1 |
| Ranch Sauce | 17 | 80 | 1 | 9 | 1 | 110 | 2 | 0 | 10 | 0 | 1 | 3 |

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| Crinkle Cut Pickles – 3 each | 9 | 0 | 0 | 0 | 0 | 110 | 0 | 0 | 0 | 0 | 0 | 0 |
| Iceberg Lettuce Leaf | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tomato – 1 slice | 32 | 5 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| Red Onion – 2 rings | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| FROSTY | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
| Chocolate Frosty, Small | 212 | 290 | 8 | 7 | 48 | 135 | 5 | 0 | 30 | 2 | 40 | 8 |
| Vanilla Frosty, Small | 204 | 280 | 8 | 7 | 46 | 135 | 5 | 0 | 30 | 0 | 39 | 8 |
| Chocolate Frosty Shake, Small | 342 | 580 | 11 | 13 | 104 | 250 | 8 | 1 | 45 | 2 | 93 | 16 |
| Chocolate Frosty Shake, Large | 496 | 870 | 15 | 17 | 164 | 380 | 11 | 1 | 60 | 4 | 148 | 24 |
| Strawberry Frosty Shake, Small | 341 | 540 | 10 | 12 | 97 | 180 | 8 | 1 | 45 | 1 | 86 | 15 |
| Strawberry Frosty Shake, Large | 491 | 780 | 13 | 15 | 149 | 240 | 10 | 1 | 60 | 1 | 134 | 21 |
| Caramel Frosty Shake, Small | 352 | 650 | 10 | 14 | 121 | 320 | 9 | 1 | 50 | 0 | 96 | 18 |
| Caramel Frosty Shake, Large | 513 | 990 | 14 | 18 | 195 | 510 | 11 | 1 | 70 | 0 | 153 | 27 |
| Chocolate Frosty Waffle Cone | 170 | 300 | 7 | 6 | 54 | 160 | 4 | 0 | 20 | 2 | 35 | 8 |
| | | | | | | | | | | | | |
| Vanilla Frosty Waffle Cone | 163 | 290 | 7 | 0 | 53 | 160 | 4 | 0 | 20 | 1 | 34 | 6 |

| ENTREES | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
|--|-------------------------|-----------------|--------------------|----------------------|------------------------|--------------------|--------------------------|----------------------|-------------------------|------------------|-------------------|------------------------|
| Artisan Egg Sandwich with Applewood Smoked Bacon | | 350 | 18 | 18 | 29 | 730 | 8 | 0 | 250 | 1 | 4 | 9 |
| Artisan Egg Sandwich with All-Natural Sausage | | 500 | 24 | 32 | 30 | 870 | 13 | 1 | 280 | 1 | 4 | 14 |
| Artisan Sandwich with Egg & Cheese | | 290 | 15 | 13 | 29 | 530 | 6 | 0 | 235 | 1 | 4 | 8 |
| Mornin' Melt™ Panini with Applewood Smoked Bacon | | 540 | 30 | 35 | 33 | 860 | 18 | 1 | 290 | 1 | 4 | 15 |
| Mornin' Melt Panini with AllNatural Sausage | | 650 | 34 | 46 | 33 | 900 | 22 | 1 | 315 | 1 | 3 | 19 |
| Mornin' Melt Panini with Egg & Cheese | | 450 | 25 | 27 | 33 | 560 | 15 | 1 | 270 | 1 | 3 | 13 |
| Fresh-Baked Biscuit with Applewood Smoked Bacon | | 420 | 17 | 23 | 36 | 1260 | 13 | 0 | 240 | 2 | 4 | 11 |
| Fresh-Baked Biscuit with AllNatural Sausage | | 570 | 23 | 36 | 37 | 1390 | 17 | 0 | 275 | 2 | 5 | 15 |
| Fresh-Baked Biscuit with Egg & Cheese | | 360 | 14 | 18 | 36 | 1060 | 11 | 0 | 230 | 2 | 4 | 10 |
| Toasted Bagel Sandwich with Applewood Smoked Bacon | | 480 | 24 | 18 | 57 | 1010 | 7 | 0 | 245 | 4 | 8 | 13 |
| Toasted Bagel Sandwich with | | 600 | 28 | 29 | 57 | 1040 | 11 | 0 | 270 | 4 | 8 | 16 |

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| All-Natural Sausage | | | | | | | | | | | | |
| Toasted Bagel Sandwich with Egg and Cheddar | | 390 | 19 | 10 | 56 | 700 | 5 | 0 | 225 | 4 | 7 | 11 |
| Honey Butter Chicken Biscuit | | 510 | 21 | 25 | 52 | 1400 | 11 | 0 | 55 | 2 | 9 | 14 |
| Sunny Side Burger, Jr. Single | | 470 | 28 | 27 | 29 | 1010 | 12 | 1 | 290 | 1 | 4 | 13 |
| Steel-Cut Oatmeal with Cranberries and Pecans | | 330 | 5 | 12 | 57 | 250 | 1 | 0 | 0 | 4 | 33 | 10 |
| Steel-Cut Oatmeal with Summer Berries | | 140 | 4 | 2 | 31 | 190 | 0 | 0 | 0 | 3 | 11 | 4 |
| Steel-Cut Oatmeal with Apples and Caramel | | 160 | 4 | 2 | 38 | 200 | 0 | 0 | 0 | 3 | 17 | 5 |
| Steel-Cut Oatmeal, Plain | | 150 | 5 | 3 | 33 | 230 | 0 | 0 | 0 | 3 | 10 | 5 |
| Brown Sugar | | 40 | 0 | 0 | 9 | 0 | 0 | 0 | 0 | 0 | 9 | 1 |
| VALUE/SIDES | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
| Sausage & Egg Burrito | | 270 | 12 | 20 | 12 | 640 | 7 | 0 | 210 | 1 | 1 | 8 |
| Hot Sauce | | 10 | 0 | 0 | 2 | 135 | 0 | 0 | 0 | 0 | 1 | 0 |
| Sausage Biscuit | | 460 | 13 | 29 | 37 | 1110 | 14 | 0 | 50 | 2 | 4 | 13 |
| Sausage Gravy & Biscuit | | 460 | 9 | 24 | 51 | 1530 | 12 | 0 | 20 | 2 | 5 | 13 |
| Toasted Bagel, Plain | | 270 | 9 | 1 | 55 | 540 | 0 | 0 | 0 | 4 | 7 | 7 |
| Buttery Best Spread | | 50 | 0 | 5 | 0 | 95 | 1 | 0 | 0 | 0 | 0 | 1 |

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| Seasoned Homestyle Potatoes | | 230 | 2 | 9 | 34 | 700 | 2 | 0 | 0 | 3 | 0 | 6 |
| | | | | | | | | | | | | |
| Orange Juice, Small | | 130 | 2 | 0 | 30 | 0 | 0 | 0 | 0 | 1 | 23 | 3 |
| REDHEAD ROASTERS BAKERY | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
| Oatmeal Bar | | 280 | 4 | 10 | 46 | 220 | 5 | 0 | 20 | 5 | 24 | 8 |
| Cinna-Middles | | 540 | 7 | 30 | 62 | 640 | 14 | 0 | 20 | 2 | 25 | 15 |
| Chocolate Chunk Cookie | | 390 | 4 | 21 | 51 | 270 | 11 | 0 | 25 | 2 | 30 | 11 |
| Sugar Cookie | | 390 | 4 | 19 | 53 | 360 | 9 | 0 | 30 | 1 | 28 | 11 |
| Chocolate Brownie | | 400 | 5 | 18 | 57 | 190 | 5 | 0 | 75 | 3 | 44 | 11 |
| Oreo® Brownie | | 470 | 5 | 21 | 68 | 260 | 6 | 0 | 75 | 3 | 50 | 13 |
| REDHEAD ROASTERS BEVERAGES | Serving Size (G) | Calories | Protein (g) | Total Fat (g) | Total Carbs (g) | Sodium (mg) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Fiber (g) | Sugars (g) | Weight Watchers |
| Original Redhead Hot Coffee, Regular, Small | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Original Redhead Hot Coffee, Decaffeinated, Small | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mocha Roaster | | 330 | 3 | 5 | 65 | 75 | 3 | 0 | 15 | 0 | 61 | 9 |
| Caramel Roaster | | 280 | 3 | 6 | 55 | 85 | 3 | 0 | 15 | 0 | 49 | 8 |
| Skinny Vanilla Roaster | | 130 | 3 | 3 | 28 | 75 | 2 | 0 | 10 | 0 | 20 | 4 |
| Mocha Iced Coffee, Small | | 100 | 1 | 5 | 12 | 45 | 3 | 0 | 20 | 0 | 11 | 3 |
| Caramel Iced Coffee, Small | | 80 | 1 | 5 | 9 | 45 | 3 | 0 | 20 | 0 | 8 | 2 |

