



BEVERAGES	PRODUCT NAME	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	COKE® - (REGULAR/LARGE)	22/30	290/400	0/0	0/0	0/0	0/0	0/0	0/0	65/90	80/109	0/0	80/109
SPRITE® - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	0/0	65/90	77/105	0/0	77/105	0/0
DIET COKE® - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	0/0	30/40	<1/<1	0/0	0/0	0/0
HI-C® PINK LEMONADE - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	0/0	130/180	79/107	0/0	75/102	0/0
FANTA ORANGE® - (REGULAR/LARGE)	22/30	310/430	0/0	0/0	0/0	0/0	0/0	0/0	15/20	86/117	0/0	84/115	0/0
FANTA APPLE® - (REGULAR/LARGE)	22/30	340/460	0/0	0/0	0/0	0/0	0/0	0/0	45/60	89/121	0/0	89/121	0/0
FANTA STRAWBERRY® - (REGULAR/LARGE)	22/30	340/460	0/0	0/0	0/0	0/0	0/0	0/0	25/35	92/125	0/0	92/125	0/0
MINUTE MAID® LEMONADE - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	0/0	130/180	79/108	0/0	75/102	0/0
CHURCH'S SOUTHERN SWEET TEA® - (REGULAR/LARGE)	22/30	190/270	0/0	0/0	0/0	0/0	0/0	0/0	10/15	48/68	0/0	48/68	0/0
UNSWEETENED TEA - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	0/0	10/15	0/0	0/0	0/0	0/0
BARQ'S® ROOT BEER - (REGULAR/LARGE)	22/30	330/450	0/0	0/0	0/0	0/0	0/0	0/0	70/95	90/122	0/0	90/122	0/0
HI-C® FRUIT PUNCH - (REGULAR/LARGE)	22/30	310/420	0/0	0/0	0/0	0/0	0/0	0/0	40/50	85/115	0/0	83/113	0/0
DR PEPPER® - (REGULAR/LARGE)	22/30	280/380	0/0	0/0	0/0	0/0	0/0	0/0	110/150	73/99	0/0	70/96	0/0
FANTA CHERRY® - (REGULAR/LARGE)	22/30	320/430	0/0	0/0	0/0	0/0	0/0	0/0	25/30	84/115	0/0	84/115	0/0
FUZE® RASPBERRY TEA - (REGULAR/LARGE)	22/30	170/240	0/0	0/0	0/0	0/0	0/0	0/0	20/30	46/63	0/0	46/62	0/0
MOUNTAIN BERRY BLAST POWERADE® - (REGULAR/LARGE)	22/30	170/230	0/0	0/0	0/0	0/0	0/0	0/0	150/210	44/60	0/0	44/60	0/0
PIBB XTRA® - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	0/0	40/55	77/105	0/0	77/105	0/0
CHERRY COKE® - (REGULAR/LARGE)	22/30	310/420	0/0	0/0	0/0	0/0	0/0	0/0	10/15	84/114	0/0	84/114	0/0
FANTA GRAPE® - (REGULAR/LARGE)	22/30	340/460	0/0	0/0	0/0	0/0	0/0	0/0	25/35	90/122	0/0	90/122	0/0
COCA-COLA® ZERO SUGAR - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	0/0	10/10	<1/<1	0/0	0/0	0/0
DIET DR PEPPER® - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	0/0	110/150	0/0	0/0	0/0	0/0
MINUTE MAID® LEMONADE LIGHT - (REGULAR/LARGE)	22/30	10/20	0/0	0/0	0/0	0/0	0/0	0/0	15/20	4/5	0/0	0/0	0/0
GOLD PEAK® PEACH TEA - (REGULAR/LARGE)	22/30	180/240	0/0	0/0	0/0	0/0	0/0	0/0	20/30	46/63	0/0	46/62	0/0
RED FLASH® - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	0/0	60/80	77/105	0/0	77/105	0/0
FUZE® SWEET TEA - (REGULAR/LARGE)	22/30	170/240	0/0	0/0	0/0	0/0	0/0	0/0	25/35	46/62	0/0	46/62	0/0
FUZE® SWEET TEA W/LEMON - (REGULAR/LARGE)	22/30	230/320	0/0	0/0	0/0	0/0	0/0	0/0	65/90	62/84	0/0	62/84	0/0
MELLO YELLO® - (REGULAR/LARGE)	22/30	320/430	0/0	0/0	0/0	0/0	0/0	0/0	25/35	84/115	0/0	84/115	0/0
CAFFEINE FREE DIET COKE® - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	0/0	30/40	<1/<1	0/0	0/0	0/0
FUZE® UNSWEET TEA - (REGULAR/LARGE)	22/30	5/5	0/0	0/0	0/0	0/0	0/0	0/0	20/30	<1/<1	0/0	0/0	0/0
GOLD PEAK® SOUTH SWEET TEA - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	0/0	25/30	72/99	0/0	72/98	0/0
GOLD PEAK® SWEET BLACK TEA - (REGULAR/LARGE)	22/30	230/310	0/0	0/0	0/0	0/0	0/0	0/0	25/30	62/84	0/0	62/84	0/0
GOLD PEAK® UNSWEET BLACK TEA - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	0/0	40/55	0/0	0/0	0/0	0/0
FUZE® PEACH TEA - (REGULAR/LARGE)	22/30	170/240	0/0	0/0	0/0	0/0	0/0	0/0	80/120	45/70	0/0	45/70	0/0

MAIN COURSES	BREAKFAST PRODUCT NAME	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
		BREAKFAST BISCUIT	75	240	100	11	5	0	0	0	670	30	1
CHICKEN BISCUIT	137	380	160	19	7	0	25	1200	39	1	5	17	
BACON, EGG & CHEESE BISCUIT	172	550	350	40	15	0	275	1300	31	1	4	21	
SAUSAGE, EGG & CHEESE BISCUIT	199	650	440	49	18	0	290	1280	32	2	4	22	
STEAK BISCUIT	129	450	240	26	11	0	20	1130	41	2	4	12	
SAUSAGE & GRAVY BISCUIT	112	400	210	23	10	0	15	1260	39	2	5	9	
CINNAMON SWIRL	204	720	250	28	12	0	0	1180	111	2	66	8	

  

SIDES	BREAKFAST PRODUCT NAME	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
		SAUSAGE PATTY	44	200	160	18	6	0	30	300	<1	<1	0
HASHBROWNS	59	210	120	14	2.5	0	0	250	18	4	0	2	
BACON (2 SLICES)	18	100	80	9	3	0	15	320	0	0	0	6	
SANDWICH EGG	67	170	140	15	3.5	0	250	90	<1	0	0	7	
PLATTER EGGS	135	330	270	31	7	0	500	180	1	0	0	14	
GRITS	84	140	40	5	1	0	0	5	23	2	0	2	

  

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COFFEE		12oz	0	0	0	0	0	0	0	0	0	0	0
ORANGE JUICE		12oz	170	0	0	0	0	0	39	0	33	3	
MILK - 2%		8oz	120	45	5	3	0	20	125	12	0	12	8

POTENTIAL FOOD ALLERGENS													
Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG					
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Recommended limits for a 2,000-calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. Our chicken is grown hormone-free. We encourage anyone with food allergies, sensitivities or special dietary needs to check our website at [www.churchs.com](http://www.churchs.com) on a regular basis to obtain the most comprehensive and up-to-date information. If you have specific questions about our menu, contact us: 1-866-345-6768.

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