



SERVING SIZE
 Calories as served
 TOTAL FAT (g)
 SATURATED FAT (g)
 TRANS FAT (g)
 CHOLESTEROL (mg)
 SODIUM (mg)
 CARBOHYDRATES (g)
 POITARY FIBER (g)
 SUGAR (g)
 PROTEIN (g)
 VITAMIN A (%DV)
 VITAMIN C (%DV)

Fresh Homemade Char-Grilled Hamburgers

Small 1/8 lb	3.3.2 oz (94.0 g)	245	8	3	1	37	309	27	0	4	14	0	0
Regular 1/4 lb	4.34 oz (123 g)	328	14	5	1	66	360	27	0	4	22	0	0
Huge 1/2 lb	7 oz (188.5 g)	519	26	10	2	532	410	27	0	4	40	0	0
Big Double™	5.7 oz (161.5 g)	311	13	4	1	60	126	27	0	4	20	0	0
Everything	Add 2 oz (56.6 g)	91	8	1	0	4	301	5	1	3	1	1	2
Cook Out® Style	Add 4.5 oz (126.8 g)	123	5	1	0	9	578	7	1	4	3	4	5
Out West Style	Add 2.49 oz (69.6 g)	202	18	5	0	26	682	4	0	2	8	1	3
Steak Style	Add 2.8 oz (69.5 g)	91	8	1	0	4	141	5	1	2	1	20	9
Cheddar Style	Add 3 oz (83.5 g)	233	20	5	0	28	729	5	0	1	8	0	2

Char-Grilled Chicken Breast

Char-Grilled Chicken Breast	6.67 oz (189.2 g)	377	17	3	0	59	575	29	0	5	25	25	7
Orginal Style	1.67 oz (6 g)	393	18	3	0	60	624	31	0	7	25	25	7
Barbeque Style	Add 0.8 oz (123.5 g)	376	17	3	0	59	714	29	0	5	25	6	1
Cajun Style	Add 1.68 oz (49.5 g)	337	0	0	0	0	155	1	0	0	1	2	3
Cheddar Style	Add 3 oz (189.5 g)	293	35	5	0	28	729	5	0	1	8	20	2

Char-Grilled Chicken Breast Fillet

Char-Grilled Chicken Breast	6.67 oz (189.2 g)	377	17	3	0	59	575	29	0	5	25	25	7
Original Style	21 oz (6 g)	398	18	3	0	60	624	31	0	7	25	25	7
Barbeque Style	0.9 oz (126.6 g)	376	17	3	0	59	714	29	0	5	25	6	1
Cajun Style	1.58 oz (89.16 g)	377	0	0	0	0	155	1	0	0	1	2	2
Club Style	2.0 oz (85.3 g)	535	19	9	0	66	575	29	0	5	25	25	7
Cheddar Style	3 oz (85.5 g)	564	30	7	0	83	1245	32	0	5	33	5	2

Chopped Portork Barbeque

Reg BBQ Sandwich	8.8 oz (249.5 g)	368	12	3	0	66	118	35	0	5	25	25	7
BBQ Plate	Add 13.77 oz (461.6 g)	976	43	10	0	96	2445	10	2	11	35	19	9

Char-Grilled Hot Dogs

Hot Dog	2.9 oz (81 g)	260	11	3	0	69	218	22	0	5	21	0	0
Cook Out® Style Ht Dog	6.0 oz (105 g)	393	18	3	0	60	624	31	0	7	25	5	7
Mexi Ht Dog	9.3 oz (25.5 g)	376	19	3	0	59	714	29	0	5	25	6	1
Bacon Cheddar Hot Dog	4.62 oz (151 g)	525	29	9	0	46	1594	47	0	6	19	21	9

Crispy Chicken Wraps

Cajun Wrap	6 oz (170 g)	501	27	3	0	27	221	44	2	5	21	0	0
Ranch Wrap	6.6 oz (1748 g)	542	20	6	0	56	128	29	2	7	25	6	0
Honey Mustard Wrap	6.2 oz (179.2 g)	527	28	11	0	55	1279	70	2	5	39	24	7

Homemade Style Chicken Strips

Chicken Strips (3)	8.26 oz (234.4 g)	660	27	5	0	55	270	63	3	0	36	0	0
Chicken Strip Sandwich	11.6 oz (334 g)	660	32	4	0	55	1200	31	2	7	28	20	7
Chicken Strip Club	Add 1.45 oz (41 g)	846	48	11	0	86	2539	70	2	5	39	24	7

Quesadillas

Cheese	4.9 oz (138 g)	355	23	11	0	29	644	24	1	1	13	6	0
Chicken	4.3 oz (123 g)	148	28	13	0	53	782	31	1	2	19	12	0
Beef	4.5 oz (126.5 g)	514	29	13	0	63	845	42	1	3	22	6	0

Sides/Other Menu Items

Onion Rings Full Order	4.90 oz (138 g)	256	2	0	0	0	656	56	3	6	6	0	0
Onion Rings Side	2.7 oz (69 g)	240	1	0	0	0	366	26	2	3	3	0	0
Chicken Nugget Full Order	2.8 oz (123.8 g)	244	18	3	0	59	724	12	0	0	16	0	0
Chicken Nuggets Side	2.62 oz (177 g)	226	17	3	0	37	536	7	0	0	10	0	0
BLT Sandwich	3.7 oz (161.5 g)	370	18	1	0	17	127	29	0	5	15	20	2
Bacon Ranch Wrap	2.9 oz (38 g)	419	23	5	0	28	560	26	1	0	20	5	0
Corn Dog	4.6 oz (136.8 g)	202	11	2	0	20	440	26	0	7	3	0	2
Cheese Dog	2.50 oz (773 g)	146	3	1	0	2	410	25	0	3	3	0	0
Mustard Relish Hot Dog	3.5 oz (448 g)	394	16	5	0	24	1021	29	0	11	15	4	5
Side of Chili	1.50 oz (412.6 g)	144	3	1	0	17	817	4	1	2	5	6	4
Side of Slaw	3.7 oz (991.9 g)	405	32	5	0	16	434	30	1	29	0	2	10
Hushpuppies Full Order	6.9 oz (132.6 g)	600	18	3	0	30	1440	93	9	21	3	0	0
Hushpuppies Side	3.9 oz (85.1 g)	300	9	2	0	15	720	47	5	11	2	0	0
Large Fries	1.43 oz (35.2 g)	664	37	5	0	0	1634	89	5	1	7	0	24
Regular Fries	3.2 oz (39.1 g)	547	17	3	0	0	457	45	4	0	4	0	12
Cook Out Fries	6.9 oz (22.5 g)	465	21	4	0	11	1335	48	5	1	7	4	14
Okra	3.2 oz (92.5 g)	228	13	2	0	0	665	29	2	2	3	0	4
Cook Out Rounds Full Order	4.90 oz (139 g)	298	17	4	0	25	745	30	5	2	8	0	0
Cook Out Rounds Side	2.45 oz (89.3 g)	149	8	2	0	12	972	15	2	1	4	3	0
Cheese Curds Full Order	5.90 oz (925.6 g)	239	19	11	0	66	280	18	0	1	16	14	0
Cheese Curds Side	1.50 oz (34.6 g)	73	79	11	0	32	280	7	0	7	22	2	2

Beverages

Coca-Cola®	Huge	32 oz (907.2 g)	280	0	0	0	0	78	78	0	0	0	0	0
	Large	24 oz (630.4 g)	210	0	0	0	0	78	78	0	0	0	0	0
	Regular	16 oz (453.6 g)	105	0	0	0	0	78	78	0	0	0	0	0
	Small	12 oz (340.15 g)	105	0	0	0	0	0	0	0	0	0	0	0
Diet Coke®	Huge	32 oz (907.2 g)	0	0	0	0	0	0	0	0	0	0	0	0
	Large	24 oz (681.4 g)	0	0	0	0	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	0	0	0	0	0	0	0
	Small	12 oz (340.15 g)	0	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola® Zero	Huge	32 oz (99.2 g)	280	0	0	0	0	20	66	0	0	0	0	0
	Large	24 oz (99.4 g)	210	0	0	0	0	78	78	0	0	0	0	0
	Regular	16 oz (453.6 g)	105	0	0	0	0	20	30	0	0	0	0	0
	Small	12 oz (340.15 g)	109	0	0	0	0	15	36	0	0	0	0	0
Sprite®	Huge	32 oz (907.2 g)	0	0	0	0	0	0	0	0	0	0	0	0
	Large	24 oz (681.4 g)	0	0	0	0	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	0	0	0	0	0	0	0
	Small	12 oz (340.15 g)	0	0	0	0	0	0	0	0	0	0	0	0
Pibb® Xtra	Huge	32 oz (907.2 g)	290	0	0	0	0	65	65	0	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	78	78	0	0	0	0	0
	Regular	16 oz (453.6 g)	145	0	0	0	0	25	36	0	0	0	0	0
	Small	12 oz (340.15 g)	100	0	0	0	0	15	36	0	0	0	0	0
Mellow Yellow	Huge	32 oz (907.2 g)	290	0	0	0	0	25	77	0	0	0	0	0
	Large	24 oz (681.4 g)	209	0	0	0	0	34	59	0	0	0	0	0
	Regular	16 oz (453.6 g)	145	0	0	0	0	23	30	0	0	0	0	0
	Small	12 oz (340.16 g)	104	0	0	0	0	17	36	0	0	0	0	0
Regular	16 oz (453.6 g)	140	0	0	0	0	16	38	0	0	0	0	0	

	SERVING SIZE	CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLE-sterol (mg)	CARBOHYDRATES	FIBER (g)	PROTEIN (g)	VITAMIN C (%DV)	IRON (EDV)		
Peanut Butter Fudge	33.2 oz (940.6g)	765	34	15	0.5	101	119	96	49	40	1	45	44
Cappuccino	34.7 oz (989 g)	555	18	11	0.5	101	119	90	58	40	1	40	49
Caramel Fudge	32.8 oz (938.6g)	677	21	11	0.3	105	102	91	83	40	1	48	53
Caramel	32.1 oz (940.5g)	950	17	10	0.3	180	181	92	52	40	1	45	53
Pineapple	33.8 oz (969 g)	575	17	10	0.5	140	187	119	98	40	1	45	52
Snickers®	31.9 oz (948.9g)	870	27	14	0.3	145	119	119	95	40	1	45	49
Hi-C Punch®	32.0 oz (913.5g)	575	17	11	0.5	100	119	96	92	40	1	44	53
Walnut	34.2 oz (964. g)	802	29	19	0.3	100	127	112	68	40	1	45	53
Oreo®	32.2 oz (923 g)	858	29	14	0.3	149	113	115	53	40	1	45	53
M&M®	32.5 oz (934.5g)	802	29	13	0.5	169	110	172	53	40	1	45	53
Oreo® Mint	34.7 oz (923 g)	852	28	14	0.3	140	127	119	95	40	1	45	53
Peach	33.4 oz (968.5g)	837	17	18	0.5	145	118	116	57	40	1	45	53
Chocolate Chip	34.4 oz (913.5g)	894	34	21	0.3	154	192	119	95	40	1	45	53
Chocolate Chip Mint	34.3 oz (916 g)	829	29	14	0.5	153	142	114	95	40	1	44	53
Chocolate Nut	33.2 oz (964.9g)	895	27	17	0.3	145	115	115	53	40	1	47	54
Mocha	32.5 oz (989 g)	711	29	19	0.3	155	115	117	57	40	1	45	53
Peach Cobbler	34.4 oz (942.5g)	844	37	21	0.5	160	186	116	95	40	1	45	53
Reese's® Cup	32.6 oz (914.6 g)	752	18	18	0.3	143	156	115	58	40	1	46	54
Orange Push Up	34.7 oz (983 g)	858	29	18	0.3	153	199	115	53	40	1	45	53
Cherry Cobbler	34.7 oz (984.5g)	842	27	19	0.3	145	116	117	57	40	1	45	53
Chocolate Malt	34.3 oz (953.6 g)	871	21	18	0.3	154	189	116	95	40	1	45	53
Heath® Toffee	35.3 oz (996 g)	925	27	15	0.3	143	165	115	53	40	1	45	53
Cherry Cheesecake	34.4 oz (946 g)	925	42	23	1.5	162	116	127	53	40	1	45	53
Double Chocolate	33.6 oz (954 g)	931	17	11	0.3	155	115	117	57	40	1	45	53
Fresh Watermelon	34.4 oz (972.6g)	645	16	18	0.3	145	189	115	53	40	1	45	53
Philadelphia® Cheesecake	33.6 oz (911.3 g)	823	27	23	1.5	149	164	115	53	40	1	45	53
Nilla® Wafers	31.3 oz (940 g)	664	25	19	0.3	157	169	153	53	40	1	45	53
Mint	33.5 oz (984 g)	685	19	18	0.3	145	169	115	53	40	1	45	53
Malted Milk	33.4 oz (943 g)	686	19	11	0.3	155	144	115	53	40	1	45	53
Fudge	33.5 oz (944.5 g)	754	25	17	0.2	125	139	157	55	40	1	45	53