



NUTRITIONAL INFORMATION

BREAKFAST

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Boy	—	980	76	21	0	285	1840	42	1	6	33
Breakfast Burrito with Bacon	—	530	26	11	0	230	1060	49	3	3	24
Breakfast Burrito with Bacon & Sausage	—	660	38	15	0	250	1220	51	3	3	26
Breakfast Burrito with Sausage	—	660	38	15	0	250	1220	51	3	3	26
Breakfast Sandwich Bacon and Egg on Whole Wheat Toast	—	600	42	10	0	220	770	40	5	7	18
French Toast with butter and syrup	—	970	23	10	0	95	1260	175	4	82	17
Fruit Topping	—	90	0	0	0	0	50	23	1	18	0
Ham and Cheese Omelet	—	460	32	9	0	620	1040	7	0	5	36
Ham and Cheese Omelette with Egg Substitute	—	340	19	4	0	60	1160	10	0	2	37
One Egg any style	—	110	9	2.5	0	185	100	0	0	0	6
Three Eggs any style	—	280	22	6	0	560	280	1	0	0	19
Three Pancake Stack (butter and syrup)	—	840	18	8	0	70	1030	156	3	76	13
Two Eggs any style	—	210	18	4.5	0	370	200	0	0	0	13
Two Pancakes (butter and syrup)	—	730	15	8	0	55	730	140	2	71	9
Western Omelet	—	530	38	12	0	635	1090	8	0	5	40
Western Omelet with Egg Substitute	—	420	24	7	0	75	1220	11	0	2	41

BREAKFAST SIDES

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Buttered Biscuits with Gravy, 2	—	840	48	26	0	25	2980	84	2	8	15
Buttered Biscuits, 2	—	590	30	18	0	10	1990	68	2	6	10
Crispy Spuds	—	330	21	3.5	0	0	730	34	4	0	4
Frisch's Texas Toast (wheat)	—	220	4.5	1.5	0	0	250	39	5	6	6
Frisch's Texas Toast (white)	—	200	3.5	1.5	0	0	390	36	1	2	6
Goetta	—	360	24	9	0	60	960	20	4	0	16
Grits	—	130	0.5	0	0	0	0	29	2	0	3
Hash Browns	—	150	0.5	0	0	0	670	33	3	2	3
Jelly Packet	—	35	0	0	0	0	0	9	0	8	0
One Pancake	—	100	2	0	0	15	300	17	0	4	4
Sausage Links	—	300	27	10	0	70	660	0	0	0	13
Sausage Patties	—	400	36	12	0	65	740	4	0	0	14
Smoked Bacon	—	110	9	3	0	25	320	0	0	0	8
Smoked Ham	—	80	1.5	0	0	45	590	3	0	2	14
Turkey Sausage	—	160	9	2	0	70	540	2	0	0	16

APPETIZERS

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizer Sampler Pickles, Onion Rings, Mozz Sticks	—	1250	81	20	0	50	2690	111	9	18	28
Fried Pickle Chips	—	350	15	2.5	0	0	1750	47	2	0	6
Mozzarella Cheese Sticks	—	570	37	13	0	50	1450	45	5	10	20
Pretzel Sticks with Beer Cheese	Small	570	26	0	14	75	1640	59	0	7	20
	Large	900	39	0	21	115	2560	97	0	11	32

BURGERS/SANDWICHES

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
1/4 LB. Cheeseburger	—	870	66	18	1.5	120	1020	41	1	10	33
Big Boy	—	720	51	14	1.5	100	860	37	1	6	27
BLT	—	520	35	8	0	45	820	39	2	4	15
BLT Cheeseburger	—	710	55	16	1.5	125	2270	25	1	6	30
Brawny Lad	—	470	27	9	1.5	80	340	30	1	6	24
Buddie Boy	—	520	30	7	0	65	1440	38	2	5	19
Club Melt	—	790	41	17	0	120	2520	56	2	6	31
Grilled Cheese	—	520	27	11	0	50	1120	56	2	5	19
Original Pork Sandwich	—	720	46	8	0	40	1140	54	6	8	23
Patty Melt	—	920	58	22	1.5	125	1200	61	7	10	31
Smashed Boy	—	1080	80	25	3	195	1110	41	3	9	49
Super Big Boy	—	1260	100	28	3	200	1450	40	1	6	48
Swiss Miss	—	730	52	15	1.5	100	850	31	1	5	24
Turkey Club	—	520	33	7	0	80	1470	34	2	5	27

CHICKEN

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
3 PC Chicken Tenders 'N Fries	—	1140	66	11	0	110	2750	95	6	3	43
Club Chicken Sandwich (crispy)	—	840	51	9	0	80	1530	62	3	10	36
Club Chicken Sandwich (grilled)	—	600	39	8	0	75	780	37	2	9	29
Southern Chicken Sandwich (crispy)	—	580	24	3.5	0	50	1400	60	2	9	32
Southern Chicken Sandwich (grilled)	—	340	12	2	0	45	650	35	1	8	25

SEAFOOD

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Alaskan Cod Sandwich	—	700	46	7	0	55	1340	45	1	4	26
Fish 'N Chips	—	1310	94	15	0	60	930	87	7	0	29

DINNERS

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Alaskan Cod (no sides)	—	510	34	6	0	75	1170	21	0	0	31
Chicken Parmesan	—	980	35	9	0	60	1960	128	8	22	37
Chilli Spaghetti	—	640	14	5	0	30	920	101	7	7	31
Country Fried Steak	—	1280	69	23	1	60	2640	119	4	7	34
Grilled Chicken (no sides)	—	230	12	2	0	90	770	3	0	2	28
Open Faced Roast Beef	—	770	26	9	0	85	2610	90	4	6	46

SOUPS

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chilli with Beans	cup	150	8	3	0	30	360	8	3	2	14
	bowl	300	17	6	1	60	720	16	6	3	29
Vegetable Soup	cup	80	0	0	0	0	490	18	3	3	2
	bowl	170	0	0	0	0	980	37	5	6	4

SIDES

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cottage Cheese	—	110	5	3	0	20	450	4	0	3	12
Crinkle Cut Fries	—	440	24	4	0	0	70	49	5	0	5
Frisch's Signature Cole Slaw	—	190	16	3	0	15	240	11	2	9	1
Hand-Breaded Onion Rings	—	410	30	5	0	0	85	35	3	8	4
Macaroni & Cheese	—	220	8	4.5	0	25	870	28	0	3	10
Mashed Potatoes and Gravy	—	190	10	3.5	0	0	750	23	2	2	3
One Slider	—	440	27	8	1	55	910	32	9	11	17
Side Salad (no dressing)	—	90	5	2.5	0	15	120	8	3	4	5
Steamed Broccoli	—	25	0	0	0	0	25	5	2	1	2
Sweet Corn	—	140	5	3	0	15	45	22	3	4	3

KIDS MEALS

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids' Butter and Spaghetti	—	220	9	5	0	20	75	31	2	2	5
Kids' Cheeseburger and Fries	—	890	57	13	1	60	860	71	5	5	21
Kids' Chicken Tenders and Fries	—	810	46	8	0	70	1870	69	5	2	29
Kids' Chilli and Spaghetti	—	230	5	1.5	0	15	200	35	3	2	13
Kids' Grilled Cheese and Fries	—	690	37	10	0	25	780	77	5	3	15
Kids' Hamburger and Fries	—	850	53	11	1	45	730	70	5	4	18
Kids' Mac and Cheese	—	440	17	9	0	50	1740	55	1	6	20
Kids' Marinara and Spaghetti	—	230	3.5	1	0	10	350	39	3	4	9
Kids' Pancakes and Bacon	—	820	22	10	0	75	990	143	2	72	14
Kids' Pancakes and Sausage Links	—	830	23	11	0	75	950	143	2	72	13
Kids' Pancakes and Sausage Patty	—	950	34	14	0	95	1150	145	2	72	16
Kids' Pancakes and Turkey Sausage Patty	—	830	20	9	0	95	1050	144	2	72	17

DESSERTS

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Pie	—	730	36	15	0	40	940	100	5	50	5
Cheesecake Slice	—	400	27	29	0	130	320	22	0	23	7
Cheesecake Slice with Fruit Topping	—	570	33	32	0	150	390	52	2	44	8
Cherry Pie Slice	—	610	35	14	0	20	740	67	4	18	5
Coconut Cream Pie Slice	—	580	31	16	0	120	350	67	0	54	9
Hot Fudge Cake	—	660	27	16	0	60	540	96	5	67	7
Pecan Pie Slice	—	720	42	18	0	90	540	84	2	53	5
Pumpkin Pie Slice	—	480	21	9	0	90	560	105	3	35	6

SAUCES

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Buffalo Sauce	—	100	10	0	0	0	1680	4	0	0	0
Frisch's Homemade Blue Cheese	—	210	20	6	0	30	440	3	0	3	3
Frisch's Homemade Ranch	—	190	20	3.5	0	20	200	1	0	0	0
Frisch's Original Tartar Sauce	—	80	9	1.5	0	0	125	0	0	0	0
Frisch's Spicy Tartar Sauce	—	290	30	4	0	10	320	4	0	4	0
Ken's Honey Mustard	—	140	14	2.5	0	15	280	3	0	3	0
Sweet Baby Ray's BBQ	—	110	0	0	0	0	440	27	0	24	0

DRINKS

	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Juice	—	230	0.5	0	0	0	20	56	0	48	0
Barq's Root Beer	—	160	0	0	0	0	60	39	0	39	0
Chocolate Milk	—	440	16	10	0	70	440	58	0	54	16
Coca Cola	—	140	0	0	0	0	35	36	0	36	0
Coca Cola Zero	—	0	0	0	0	0	35	0	0	0	0
Diet Coke	—	0	0	0	0	0	45	0	0	0	0
Frisch's Premium Blend Coffee	—	0	0	0	0	0	5	0	0	0	0
Hand-Dipped Chocolate Milkshake	—	820	26	17	0	85	290	133	0	126	9
Hand-Dipped Oreo Milkshake	—	760	37	20	0	85	390	92	0	66	11
Hand-Dipped Strawberry Milkshake	—	800	26	17	0	85	210	129	0	117	9
Hand-Dipped Vanilla Milkshake	—	590	26	17	0	85	200	72	0	65	9
Hi-C	—	150	0	0	0	0	65	38	0	37	0
Kids' Apple Juice	—	170	0	0	0	0	15	42	0	36	0
Kids' Barq's Root Beer	—	120	0	0	0	0	45	29	0	29	0
Kids' Chocolate Milk	—	280	10	6	0	45	280	36	0	34	10
Kids' Coca Cola	—	110	0	0	0	0	25	27	0	27	0
Kids' Coca Cola Zero	—	0	0	0	0	0	25	0	0	0	0
Kids' Diet Coke	—	0	0	0	0	0	35	0	0	0	0
Kids' Hi-C	—	110	0	0	0	0	50	28	0	28	0
Kids' Mello Yello	—	120	0	0	0	0	35	29	0	29	0
Kids' Milk	—	160	6	4	0	25	160	16	0	16	10
Kids' Minute Maid Lemonade	—	170	0	0	0	0	20	43	0	42	0
Kids' Orange Juice	—	200	0	0	0	0	5	50	0	35	0
Kids' Sprite	—	100	0	0	0	0	45	25	0	25	0
Kids' Sweet Iced Tea	—	90	0	0	0	0	10	23	0	23	0
Kids' Unsweetened Iced Tea	—	0	0	0	0	0	10	1	0	0	0
Mello Yello	—	150	0	0	0	0	45	39	0	39	0
Milk	—	260	10	6	0	40	250	26	0	26	16
Minute Maid Lemonade	—	220	0	0	0	0	30	58	0	56	0
Orange Juice	—	270	0	0	0	0	10	67	1	47	1
Sprite	—	130	0	0	0	0	60	33	0	33	0
Sweet Iced Tea	—	110	0	0	0	0	10	30	0	30	0
Unsweetened Iced Tea	—	0	0	0	0	0	10	1	0	0	0