

Nutritional Guide



This information is comprised by data obtained by our suppliers and independent laboratories. Variations in nutritional values may occur due to the handcrafted nature of our menu items, along with changes in ingredients and procedures.

Menu Item Name	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BURGERS											
Bacon Avocado Burger (Single)	760	500	56	17	0.5	90	1110	36	5	7	21
Bacon Avocado Burger (Double)	980	650	72	24	1	165	1460	37	5	7	29
Bacon Cheeseburger (Single)	620	350	40	15	0.5	90	1130	35	2	10	20
Bacon Cheeseburger (Double)	840	500	56	23	1	160	1470	36	2	11	28
BBQ Cheddar Burger (Single)	690	410	45	17	1	95	1140	43	1	17	18
BBQ Cheddar Burger (Double)	860	520	57	22	1.5	155	1260	44	1	17	24
Crazy Good Cheeseburger (Single)	510	280	32	13	0.5	75	810	35	2	10	14
Crazy Good Cheeseburger (Double)	740	440	48	20	1	145	1170	37	2	12	22
Green Chile Cheeseburger (Single)	590	360	40	14	0.5	80	830	33	2	6	16
Green Chile Cheeseburger (Double)	820	510	57	22	1	155	1060	33	3	7	26
Mushroom Swiss Burger (Single)	750	450	50	18	1	125	1400	36	3	5	23
Mushroom Swiss Burger (Double)	1120	690	76	30	2	240	1620	38	3	6	39
Sunrise Burger (Single)	750	480	53	18	0.5	285	1540	33	2	7	27
Sunrise Burger (Double)	980	630	70	25	1	360	1890	35	2	9	36
CHICKEN											
Sandwiches											
California Grilled Chicken Sandwich	710	400	45	14	0	105	1120	37	5	7	40
Country Fried Chicken Sandwich	740	400	44	15	0	275	1730	46	2	7	39
Crispy Chicken Deluxe Sandwich	610	290	33	10	0	85	1560	49	2	11	32
Crispy Chicken Sandwich	550	250	28	8	0	70	1330	46	2	9	29
Grilled Chicken Deluxe Sandwich	450	190	22	8	0	85	1020	36	2	10	30
Spicy Crispy Chicken Sandwich	590	280	31	10	0	85	2010	46	3	7	34
Tenders											
Chicken Tenders (4 piece)	310	130	15	3	0	115	700	13	less than 1g	less than 1g	31
Chicken Tenders (6 piece)	460	200	22	4.5	0	170	1040	20	1	less than 1g	47
Chicken Tenders (10 piece)	770	330	36	7	0	285	1740	33	2	1	79
Sauces											
BBQ (2 oz)	140	0	0	0	0	0	580	36	0	32	0
Buffalo (2 oz)	15	0	0	0	0	0	2280	3	0	1	less than 1g
Cheese Sauce (2 oz)	170	140	15	8	0	40	470	2	0	1	6
Country Gravy (2 oz)	100	60	7	3.5	0	15	330	8	0	3	2
Honey Mustard (2 oz)	320	290	32	4.5	0	15	280	11	0	7	0
Jaggers Sauce (2 oz)	150	80	9	2.5	0	10	310	18	0	15	0
Ranch (2 oz)	290	280	31	5	0	15	310	4	0	1	less than 1g
Sweet Heat (2 oz)	280	210	23	3	0	10	510	18	0	14	0
SALADS											
Salads (dressings not included unless indicated)											
Berry Fresh Grilled Chicken Salad	250	80	10	3.5	0	80	540	15	5	8	29
Bleu Burger Salad	430	260	29	12	0.5	85	800	15	3	6	18
Grilled Chicken Caesar Salad - w/dressing	550	390	44	7	0	100	1190	12	3	3	28
Grilled Chicken Cobb Salad	330	150	18	6	0	190	740	11	5	5	34
Jaggers Chicken Salad - Fried	420	210	24	9	0	220	760	17	3	5	36
Jaggers Chicken Salad - Grilled	330	140	16	8	0	205	630	12	3	6	35
Dressings											
Bleu Cheese (2 oz)	280	270	30	5	0	20	370	4	0	less than 1g	2
Caesar (2 oz)	360	340	38	6	2	30	660	2	0	0	2
Honey French (2 oz)	140	50	6	1	0	0	360	24	0	22	0
Honey Mustard (2 oz)	320	290	32	4.5	0	15	280	11	0	7	0
Italian (2 oz)	200	180	20	3	0	0	460	6	0	4	0
Light Berry Vinaigrette (2 oz)	90	30	3	0	0	0	680	14	0	12	0
Ranch (2 oz)	290	280	31	5	0	15	310	4	0	1	less than 1g
SANDWICHES											
Black Bean Veggie Burger	610	280	32	10	0	60	1280	66	10	15	17
Blackened Fish Sandwich	720	420	46	12	0	75	3000	43	4	7	35
Country Fried Pork Sandwich	540	240	27	8	0	65	1240	38	2	5	35
Country Gravy (2 oz)	100	60	7	3.5	0	15	330	8	0	3	2
Crispy Fish Sandwich	680	380	42	9	0	60	1150	52	3	10	25
SIDES											
Cole Slaw	230	200	22	3	0	10	220	10	2	6	less than 1g
Edamame	240	90	10	2	0	0	2750	15	14	1	22
Fruit Cup (3.5 oz)	70	0	0	0	0	0	0	17	1	15	less than 1g
Macaroni and Cheese	240	80	9	5	0	20	450	31	2	2	10
Shoestring Fries (Regular)	480	250	27	5	0	0	670	53	4	0	6
Shoestring Fries (Large)	720	370	41	7	0	0	1000	80	6	less than 1g	9
Side Salad (without dressing)	220	120	14	6	0	135	310	11	2	5	13
Tater Tots (5 oz)	400	210	24	4.5	0	85	590	42	4	less than 1g	4
KIDS MEALS											
Kids Meals (side and drink listed separately)											
Cheeseburger	470	260	29	12	0.5	70	730	28	less than 1g	5	13
Chicken Tender Bites - Crispy	230	90	10	2	0	0	420	9	less than 1g	less than 1g	26
Chicken Tender Bites - Grilled	130	15	1.5	0	0	90	180	0	0	0	29
Grilled Cheese	450	300	33	10	5	25	1000	29	1	1	10
Hot Dog	570	420	47	15	6	45	1340	25	less than 1g	4	13
Macaroni and Cheese	240	80	9	5	0	20	450	31	2	2	10
Kids Sides											
Chocolate Chip Cookie	90	40	4.5	1.5	0.5	10	95	11	0	7	less than 1g
Shoestring Fries	240	120	14	2.5	0	0	330	27	2	0	3
sweets											
Chocolate Chip Cookie	270	130	14	5	2	25	290	34	0	21	0
Triple Chocolate Brownie	220	90	10	3	0	15	150	32	1	24	2
Beverages											
Soft Drinks (with full cup of ice)											
Barq's Root Beer (Kids)	100	0	0	0	0	0	45	29	0	29	0
Barq's Root Beer (Regular)	150	0	0	0	0	0	60	41	0	41	0
Barq's Root Beer (Large)	240	0	0	0	0	0	100	65	0	65	0
Cherry Coke (Kids)	100	0	0	0	0	0	25	27	0	27	0
Cherry Coke (Regular)	140	0	0	0	0	0	35	38	0	38	0
Cherry Coke (Large)	220	0	0	0	0	0	55	61	0	61	0
Coca-Cola (Kids)	90	0	0	0	0	0	20	25	0	25	0
Coca-Cola (Regular)	130	0	0	0	0	0	30	36	0	36	0
Coca-Cola (Large)	210	0	0	0	0	0	50	58	0	58	0
Coca-Cola Zero (Kids)	0	0	0	0	0	0	25	0	0	0	0
Coca-Cola Zero (Regular)	0	0	0	0	0	0	35	0	0	0	0
Coca-Cola Zero (Large)	0	0	0	0	0	0	55	0	0	0	0
Diet Coke (Kids)	0	0	0	0	0	0	30	0	0	0	0
Diet Coke (Regular)	0	0	0	0	0	0	40	0	0	0	0
Diet Coke (Large)	0	0	0	0	0	0	70	0	0	0	0
Hi-C Orange Lavaburst (Kids)	100	0	0	0	0	0	25	29	0	28	0
Hi-C Orange Lavaburst (Regular)	150	0	0	0	0	0	35	41	0	40	0
Hi-C Orange Lavaburst (Large)	240	0	0	0	0	0	55	65	0	64	0
Pibb Xtra (Kids)	90	0	0	0	0	0	35	25	0	25	0
Pibb Xtra (Regular)	130	0	0	0	0	0	50	35	0	35	0
Pibb Xtra (Large)	210	0	0	0	0	0	80	56	0	56	0
Sprite (Kids)	90	0	0	0	0	0	40	25	0	25	0
Sprite (Regular)	130	0	0	0	0	0	60	35	0	35	0
Sprite (Large)	210	0	0	0	0	0	95	56	0	56	0
Fresh Lemonade (with full cup of ice)											
Fresh Lemonade - Regular (Kids)	130	0	0	0	0	0	5	34	0	32	0
Fresh Lemonade - Regular (Regular)	180	0	0	0	0	0	10	48	0	46	0
Fresh Lemonade - Regular (Large)	300	0	0	0	0	0	15	77	0	74	0
Fresh Lemonade - Strawberry (Kids)	130	0	0	0	0	0	5	34	0	32	0
Fresh Lemonade - Strawberry (Regular)	190	0	0	0	0	0	10	49	0	47	0
Fresh Lemonade - Strawberry (Large)	300	0	0	0	0	0	15	78	less than 1g	74	0
Fresh-Brewed Iced Tea (with full cup of ice)											
Iced Tea - Sweet (Kids)	70	0	0	0	0	0	5	19	0	19	0
Iced Tea - Sweet (Regular)	110	0	0	0	0	0	10	28	0	27	0
Iced Tea - Sweet (Large)	170	0	0	0	0	0	15	45	0	43	0
Iced Tea - Unsweet (Kids)	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Unsweet (Regular)	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Unsweet (Large)	0	0	0	0	0	0	0	0	0	0	0
Hand Crafted Milkshakes											
Banana Split	430	120	13	9	0	60	330	67	less than 1g	62	12
Chocolate	540	120	13	9	0	60	350	92	2	83	12
Cookies 'n Cream	570	160	18	10	0	60	430	89	0	77	13
Strawberry	440	120	13	9	0	60	330	71	1	67	12
Vanilla Bean	440	120	13	9	0	60	330	69	0	66	12
Other											
Dasani Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Milk - Regular (Kids)	90	20	2	1.5	0	10	105	10	0	10	7
Milk - Chocolate (Kids)	150	20	2.5	1.5	0	10	170	26</			