

# MENU NUTRITION

	Serving Size	Nutrition Facts											Allergens							
		Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat
<b>BISCUITS</b>																				
Bacon, Egg & Cheese Biscuit	1	510	240	27	11	.5	215	40	1750	5	28	0	x	x			x		x	
Cajun Filet Biscuit*	1	570	240	27	9	0	50	57	1720	4	23	1		x			x		x	
Country Ham & Egg Biscuit	1	460	230	25	9	0	205	38	1730	4	20	1	x	x			x		x	
Country Ham Biscuit	1	380	180	20	8	0	35	38	1570	4	14	1		x			x		x	
Egg & Cheese Biscuit	1	430	220	25	10	.5	185	39	1150	4	13	0	x	x			x		x	
Gravy Biscuit *	1	430	180	21	8	0	15	49	1480	8	11	1		x			x		x	
Old Fashioned Gravy Biscuit *	1	410	200	22	10	0	5	47	1200	5	7	1		x			x		x	
Plain Biscuit	1	310	140	15	6	0	0	37	780	4	6	1		x			x		x	
Sausage & Egg Biscuit	1	550	300	34	13	0	215	38	1320	4	21	1	x	x			x		x	
Sausage Biscuit	1	470	250	28	11	0	40	38	1160	4	15	1		x			x		x	
Southern Filet Biscuit *	1	550	240	27	9	0	55	54	1390	4	23	1		x			x		x	
Steak Biscuit	1	620	360	40	17	1.5	55	48	1400	4	16	1		x			x		x	
Add American Cheese	1	40	30	3.5	2	0	10	1	190	0	2	0		x			x			
Add Egg	1	80	50	6	1.5	0	175	0	160	0	6	0	x	x						
<b>SANDWICHES</b>																				
Bo's Chicken Sandwich	1	670	320	36	8	1	95	95	1730	8	31	0	x	x			x		x	
Grilled Chicken Club Sandwich	1	690	350	39	9	.5	125	39	2130	8	46	1	x	x			x		x	
Grilled Chicken Sandwich	1	570	300	33	6	0	85	36	1350	6	29	1	x							
Not included: 1 pack of dressing & 1 pack of croutons																				
Chicken Supremes* Salad	1	490	250	28	10	.5	100	28	870	2	31	1		x					x	
Garden Salad	1	120	80	9	5	0	25	3	180	2	7	1		x						
Grilled Chicken Salad	1	270	120	14	6	0	95	4	1020	2	31	1		x						
Homestyle Tenders* Salad *	1	480	240	26	10	.5	85	32	1020	3	30	2		x					x	
Roasted Chicken Bites* Salad *	1	470	210	23	9	0	215	13	1780	7	51	2		x						
<b>SWEETS</b>																				
Bo-Berry Biscuit*	1	370	160	17	8	0	0	49	720	18	5	1	x	x				x	x	
Cinnamon Biscuit *	1	490	240	27	8	0	0	57	910	21	6	1		x				x	x	
Cinnamon Twist *	1	380	220	24	7	0	0	38	300	15	3	1		x				x	x	
Sweet Potato Pie	1	350	180	20	9	0	10	41	100	18	3	1	x	x				x	x	
<b>KIDS' MEAL</b> w/water, green beans, biscuit																				
2 Piece Supremes	1	580	250	28	10	0	50	59	1740	6	23	2		x				x	x	
2 Piece Homestyle Tenders**	1	570	250	27	10	0	40	61	1850	7	22	3		x				x	x	
Chicken Leg	1	520	260	29	11	0	55	50	1650	6	16	3		x				x	x	
Mac 'N Cheese	1	610	300	33	14	0	20	63	2120	9	15	3		x				x	x	
<b>CHICKEN</b>																				
Breast	1 pc	540	260	29	10	1	130	24	580	0	41	1							x	
Leg	1 pc	190	120	13	4.5	0	55	8	370	0	10	0							x	
Thigh	1 pc	240	90	10	3.5	0	100	14	600	0	21	1							x	
Wing	1 pc	150	70	8	3.5	.5	30	8	300	0	10	0							x	
Supremes	4 pc	500	230	25	7	1	100	33	920	0	32	0							x	
Homestyle Tenders**	4 pc	490	210	24	6	1	75	39	1130	1	31	1		x					x	
Roasted Chicken Bites**	6.7 oz	350	130	14	3.5	0	190	9	1610	5	44	1		x						

\*Only at participating stores.

The above information is for company-owned stores. Please contact franchised locations directly for nutritional information. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Some products contain allergens including but not limited to milk, eggs, wheat, soy, tree nuts, peanuts, fish and shellfish. As a result, we are unable to guarantee that any menu item can be completely free of allergens.

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		Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat
<b>FIXIN'S</b>																				
Bo-Tato Rounds®	Sm	260	140	16	5	.5	10	27	590	0	2	2								
Bo-Tato Rounds®	Medium	390	220	24	7	1	15	40	880	0	3	3								
Bo-Tato Rounds®	Picnic	650	360	40	12	2	25	67	1470	0	5	4								
Bojangles Cajun Pintos®	Ind.	130	5	.5	0	0	0	24	850	5	7	7								
Bojangles Cajun Pintos®	Picnic	420	20	2	0	0	0	81	2810	16	22	23								
Bojangles' Dirty Rice®	Ind.	170	50	6	1.5	0	10	23	680	1	5	0					x		x	
Bojangles' Dirty Rice®	Picnic	530	160	18	5	0	30	74	2130	2	15	0					x		x	
Cole Slaw	Ind.	170	100	11	1.5	0	5	20	240	17	1	2	x							
Cole Slaw	Picnic	580	320	35	6	0	15	65	810	55	4	6	x							
Green Beans *	Ind.	20	0	0	0	0	0	5	500	2	1	2					x		x	
Green Beans *	Picnic	70	5	.5	0	0	0	15	1580	7	4	5					x		x	
Macaroni 'N Cheese	Ind.	280	160	18	8	0	20	21	830	3	8	1		x			x		x	
Macaroni 'N Cheese	Picnic	870	480	54	23	1	60	64	2550	9	24	3		x			x		x	
Mashed Potatoes 'N Gravy *	Ind.	120	30	3	1	0	5	18	630	2	4	1		x			x		x	
Mashed Potatoes 'N Gravy *	Picnic	410	90	9	2.5	0	15	69	2190	7	13	4		x			x		x	
Mashed Potatoes 'N Old Fashioned Gravy *	Ind.	110	35	4	1.5	0	5	17	510	1	2	1		x			x		x	
Mashed Potatoes 'N Old Fashioned Gravy *	Picnic	400	100	11	4.5	0	5	66	1850	3	9	5		x			x		x	
Mashed Potatoes 'N Brown Gravy *	Ind.	100	20	2.5	1	0	0	18	800	1	2	1		x			x		x	
Mashed Potatoes 'N Brown Gravy *	Picnic	370	70	7	3	0	0	69	2560	3	7	5		x			x		x	
Grits	Ind.	90	5	0	0	0	0	21	5	0	2	1								
Grits	Picnic	280	10	1	0	0	0	62	15	0	6	4								
Seasoned Fries	Sm	360	180	21	7	1	15	39	320	0	3	3								
Seasoned Fries	Medium	450	230	26	9	1.5	15	49	400	0	4	4								
Seasoned Fries	Picnic	670	340	38	13	2	25	73	590	1	6	5								
<b>BOWLS</b>																				
Chicken Rice Bowl (w/o biscuit)	1 Bowl	780	240	27	10	0	140	86	3550	11	48	12		x			x		x	
<b>DIPPING SAUCES</b>																				
BBQ Sauce	2 oz	100	0	0	0	0	0	25	450	21	0	1								
Bo's Special Sauce	2 oz	270	250	28	4.5	0	20	6	440	5	0	0	x							
Honey Mustard Sauce	2 oz	280	230	25	4	0	15	13	410	12	1	0	x							
Ranch Sauce	2 oz	270	250	28	4.5	0	25	4	450	3	1	0	x							
<b>SALAD DRESSING</b>																				
Ken's Buttermilk Ranch Dressing	1.5 oz	200	180	20	3	0	15	2	280	1	1	0	x	x						
Ken's Blue Cheese Dressing	1.5 oz	230	220	24	4.5	0	20	2	320	2	1	0	x	x						
Ken's Fat Free Italian Dressing	1.5 oz	15	0	0	0	0	0	5	700	3	0	1								
Ken's Honey Dijon Dressing	1.5 oz	120	60	7	1	0	15	14	390	14	0	0	x							
Homestyle Cheese Garlic Croutons	1/2 oz	60	20	2	0	0	0	9	170	1	1	0		x					x	
<b>PIMENTO CHEESE</b>																				
Add Pimento Cheese	1	170	150	16	6	0	25	2	260	1	5	0	x	x						

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<b>DRINKS</b>																				
Bottled Water	20 oz	0	0	0	0	0	0	0	0	0	0	0								
Cheerwine (16oz) *	Small	200	0	0	0	0	0	56	34	56	0	0								