



# NUTRITIONAL INFO

## BREAKFAST

3 Egg Breakfast Plate – 3 eggs cooked to order, with sausage or bacon, grits or tots, and a biscuit

|  | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|
| - Biscuit, Bacon & Grits <sup>13 6 8</sup>       | 740      | 330               | 37            | 21                | 0             | 525              | 1840        | 74                      | 3                 | 11         | 29          |
| - Biscuit, Bacon & Tots <sup>13 6 8</sup>        | 860      | 480               | 55            | 27                | 1             | 530              | 1890        | 65                      | 3                 | 10         | 27          |
| - Biscuit, Sausage & Grits <sup>13 6 8</sup>     | 930      | 500               | 57            | 28                | 0             | 560              | 1930        | 73                      | 3                 | 10         | 32          |
| - Biscuit, Sausage & Tots <sup>13 6 8</sup>      | 1050     | 660               | 75            | 34                | 1             | 565              | 1980        | 64                      | 3                 | 9          | 30          |
| - Toast, Bacon & Grits <sup>1 6 8</sup>          | 640      | 240               | 27            | 8                 | 0             | 525              | 1330        | 69                      | 3                 | 11         | 30          |
| - Toast, Bacon & Tots <sup>1 6 8</sup>           | 770      | 400               | 45            | 13                | 1             | 530              | 1380        | 60                      | 3                 | 10         | 28          |
| - Toast, Sausage & Grits <sup>1 6 8</sup>        | 830      | 420               | 47            | 15                | 0             | 560              | 1420        | 68                      | 3                 | 10         | 33          |
| - Toast, Sausage & Tots <sup>1 6 8</sup>         | 960      | 570               | 65            | 20                | 1             | 565              | 1470        | 59                      | 3                 | 9          | 31          |
| Bacon, Egg, Cheese Biscuit <sup>1 3 6 8</sup>    | 430      | 250               | 28            | 19                | 0             | 225              | 1400        | 31                      | 1                 | 4          | 13          |
| Sausage, Egg, Cheese Biscuit <sup>1 3 6 8</sup>  | 650      | 450               | 51            | 27                | 0             | 265              | 1630        | 30                      | 1                 | 3          | 18          |
| Chik Biscuit <sup>3 6 8</sup>                    | 530      | 280               | 32            | 20                | 0.5           | 40               | 1490        | 45                      | 1                 | 3          | 16          |
| Original Scrambler with Bacon <sup>1 3 6</sup>   | 330      | 190               | 21            | 8                 | 0             | 250              | 900         | 17                      | 0                 | 1          | 16          |
| Original Scrambler with Sausage <sup>1 3 6</sup> | 520      | 360               | 41            | 15                | 0             | 285              | 990         | 16                      | 0                 | 0          | 19          |
| Low Carb Scrambler with Bacon <sup>1 3 6</sup>   | 500      | 320               | 36            | 14                | 0             | 720              | 1370        | 3                       | 0                 | 3          | 35          |
| Low Carb Scrambler with Sausage <sup>1 3 6</sup> | 880      | 670               | 76            | 28                | 0             | 790              | 1550        | 1                       | 0                 | 0          | 41          |
| Two Sunrisers <sup>1 3 6 8</sup>                 | 580      | 380               | 43            | 14                | 0             | 275              | 970         | 30                      | 2                 | 2          | 22          |

## BREAKFAST SIDES

|                            |     |     |    |     |     |   |     |    |   |    |   |
|----------------------------|-----|-----|----|-----|-----|---|-----|----|---|----|---|
| Biscuit <sup>3 6 8</sup>   | 330 | 170 | 19 | 15  | 0   | 0 | 850 | 39 | 1 | 11 | 3 |
| Side of Grits <sup>6</sup> | 180 | 35  | 4  | 0.5 | 0   | 0 | 560 | 35 | 2 | 0  | 4 |
| Tots (Small)               | 250 | 160 | 18 | 5   | 0.5 | 4 | 520 | 21 | 2 | 0  | 2 |

## LUNCH/DINNER

|   |      |      |     |     |     |     |      |     |    |    |     |
|---|------|------|-----|-----|-----|-----|------|-----|----|----|-----|
| Krystal <sup>6 8</sup>                      | 150  | 60   | 7   | 2.5 | 0   | 20  | 330  | 14  | 1  | 1  | 7   |
| Cheese Krystal <sup>3 6 8</sup>             | 170  | 80   | 9   | 4   | 0   | 25  | 360  | 14  | 1  | 1  | 8   |
| Bacon Cheese Krystal <sup>3 6 8</sup>       | 210  | 100  | 12  | 5   | 0   | 30  | 600  | 15  | 1  | 2  | 11  |
| Double Krystal <sup>6 8</sup>               | 250  | 120  | 14  | 5   | 0   | 40  | 600  | 22  | 2  | 2  | 13  |
| Double Krystal with Cheese <sup>3 6 8</sup> | 300  | 160  | 18  | 8   | 0   | 50  | 850  | 22  | 2  | 2  | 15  |
| Classic Pup <sup>6 8</sup>                  | 200  | 90   | 10  | 3   | 0   | 20  | 610  | 20  | 0  | 5  | 6   |
| Chili Cheese Pup <sup>3 6 8</sup>           | 250  | 130  | 15  | 6   | 0   | 35  | 670  | 19  | 0  | 3  | 11  |
| Chik <sup>1 3 6 8</sup>                     | 400  | 220  | 25  | 7   | 0.5 | 45  | 960  | 29  | 1  | 1  | 16  |
| 12 Krystals Sackful <sup>6 8</sup>          | 1750 | 750  | 85  | 30  | 0   | 240 | 3990 | 173 | 13 | 14 | 85  |
| 12 Cheese Krystals Sackful <sup>3 6 8</sup> | 2040 | 960  | 108 | 48  | 0   | 300 | 4360 | 171 | 13 | 13 | 97  |
| 24 Krystals Sackful <sup>6 8</sup>          | 3500 | 1500 | 169 | 61  | 0   | 480 | 7980 | 346 | 27 | 28 | 171 |
| 24 Cheese Krystals Sackful <sup>3 6 8</sup> | 4080 | 1920 | 217 | 97  | 0   | 600 | 8720 | 342 | 26 | 26 | 194 |
| 10 Wings <sup>8</sup>                       | 1030 | 730  | 83  | 29  | 2.5 | 315 | 2450 | 30  | 5  | 10 | 45  |
| 20 Wings <sup>8</sup>                       | 2060 | 1470 | 166 | 58  | 5   | 635 | 4900 | 60  | 10 | 20 | 90  |

**Allergens: 1. Contains eggs, 2. Contains fish, 3. Contains milk, 4. Contains peanuts, 5. Contains shellfish, 6. Contains soy, 7. Contains tree nuts, 8. Contains wheat**

This allergen information has been provided by MenuTrinco® to help give our guests the tools to make an informed food decision. All ingredient statements were found on manufacturer-generated spec sheets. According to the U.S. Food and Drug Administration, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in all of our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces, including fryers. Guests are advised to consider this information as it relates to their individual dietary needs. Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or other dietary concern.

The nutritional information seen here was prepared by MenuTrinco®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.





|   |        | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|--------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|
| <b>SIDES</b>                              |        |          |                   |               |                   |               |                  |             |                         |                   |            |             |
| Fries (Small) <sup>8</sup>                |        | 230      | 140               | 16            | 5                 | 0.5           | 4                | 650         | 21                      | 2                 | 0          | 2           |
| Fries (Medium) <sup>8</sup>               |        | 320      | 200               | 22            | 7                 | 1             | 5                | 1030        | 29                      | 2                 | 0          | 2           |
| Fries (Large) <sup>8</sup>                |        | 470      | 280               | 32            | 10                | 1.5           | 10               | 1740        | 42                      | 3                 | 0          | 3           |
| Tots (Small)                              |        | 250      | 160               | 18            | 5                 | 0.5           | 4                | 520         | 21                      | 2                 | 0          | 2           |
| Tots (Medium)                             |        | 330      | 200               | 23            | 7                 | 1             | 5                | 830         | 27                      | 2                 | 0          | 2           |
| Tots (Large)                              |        | 470      | 290               | 33            | 9                 | 1             | 10               | 1440        | 39                      | 3                 | 0          | 3           |
| Junkyard Fries <sup>1,3,4,8</sup>         |        | 820      | 540               | 61            | 19                | 1.5           | 70               | 2820        | 51                      | 4                 | 3          | 19          |
| Junkyard Tots <sup>1,3,6</sup>            |        | 820      | 540               | 61            | 19                | 1.5           | 70               | 2510        | 48                      | 4                 | 3          | 18          |
| Chili Cheese Fries <sup>3,6,8</sup>       |        | 650      | 390               | 44            | 16                | 1.5           | 50               | 2500        | 49                      | 4                 | 1          | 16          |
| Chili Cheese Tots <sup>3,6</sup>          |        | 650      | 400               | 45            | 16                | 1.5           | 50               | 2190        | 46                      | 4                 | 1          | 16          |
| <b>DESSERTS</b>                           |        |          |                   |               |                   |               |                  |             |                         |                   |            |             |
| Apple Turnover <sup>3,8</sup>             |        | 370      | 230               | 26            | 12                | 1             | 5                | 240         | 33                      | 1                 | 12         | 3           |
| Glaze Bombs - 4 Piece <sup>1,3,6,8</sup>  |        | 330      | 170               | 19            | 8                 | 0.5           | 3                | 160         | 38                      | 0                 | 22         | 3           |
| Glaze Bombs - 10 Piece <sup>1,3,6,8</sup> |        | 780      | 410               | 47            | 20                | 1.5           | 10               | 390         | 85                      | 2                 | 46         | 7           |
| Chocolate Shake <sup>3,6</sup>            |        | 580      | 130               | 15            | 10                | 0             | 60               | 370         | 102                     | 3                 | 96         | 15          |
| Oreo Shake <sup>3,6,8</sup>               |        | 580      | 170               | 19            | 11                | 0             | 60               | 470         | 89                      | 1                 | 77         | 14          |
| Reese's Shake <sup>3,4,6</sup>            |        | 630      | 240               | 27            | 13                | 0             | 60               | 480         | 79                      | 2                 | 74         | 17          |
| Strawberry Shake <sup>3</sup>             |        | 480      | 120               | 14            | 9                 | 0             | 60               | 330         | 79                      | 0                 | 75         | 13          |
| Vanilla Shake <sup>3</sup>                |        | 440      | 120               | 14            | 9                 | 0             | 60               | 360         | 68                      | 0                 | 66         | 13          |
| Chocolate Sundae <sup>3,6</sup>           |        | 260      | 60                | 6             | 4                 | 0             | 25               | 160         | 47                      | 1                 | 44         | 6           |
| Oreo Sundae <sup>3,6,8</sup>              |        | 300      | 100               | 11            | 5                 | 0             | 25               | 250         | 45                      | 1                 | 34         | 6           |
| Strawberry Sundae <sup>3</sup>            |        | 250      | 50                | 6             | 3.5               | 0             | 25               | 135         | 48                      | 0                 | 44         | 5           |
| <b>ICEES</b>                              |        |          |                   |               |                   |               |                  |             |                         |                   |            |             |
| Sprite ICEE                               | small  | 138      | 0                 | 0             | 0                 | 0             | 0                | 57.5        | 39.1                    | 0                 | 39.1       | 39          |
| Sprite ICEE                               | medium | 161      | 0                 | 0             | 0                 | 0             | 0                | 115         | 44.9                    | 0                 | 43.7       | 44          |
| Sprite with a Twist ICEE - Grape          | small  | 139.1    | 0                 | 0             | 0                 | 0             | 0                | 60.1        | 39.5                    | 0                 | 39.1       | 39          |
| Sprite with a Twist ICEE - Grape          | medium | 162.4    | 0                 | 0             | 0                 | 0             | 0                | 118.3       | 45.4                    | 0                 | 43.7       | 44          |
| Sprite with a Twist ICEE - Strawberry     | small  | 139.1    | 0                 | 0             | 0                 | 0             | 0                | 60.1        | 39.5                    | 0                 | 39.1       | 39          |
| Sprite with a Twist ICEE - Strawberry     | medium | 162.4    | 0                 | 0             | 0                 | 0             | 0                | 118.3       | 45.4                    | 0                 | 43.7       | 44          |
| Sprite with a Twist ICEE - Fruit Punch    | small  | 139.1    | 0                 | 0             | 0                 | 0             | 0                | 60.1        | 39.5                    | 0                 | 39.1       | 39          |
| Sprite with a Twist ICEE - Fruit Punch    | medium | 162.4    | 0                 | 0             | 0                 | 0             | 0                | 118.3       | 45.4                    | 0                 | 43.7       | 44          |
| Sprite with a Twist ICEE - Lemonade       | small  | 120      | 0                 | 0             | 0                 | 0             | 0                | 105         | 32                      | 0                 | 32         | 0           |
| Sprite with a Twist ICEE - Lemonade       | medium | 150      | 0                 | 0             | 0                 | 0             | 0                | 130         | 40                      | 0                 | 39         | 0           |
| Coca-Cola ICEE                            | small  | 120      | 0                 | 0             | 0                 | 0             | 0                | 50          | 34                      | 0                 | 34         | 34          |
| Coca-Cola ICEE                            | medium | 160      | 0                 | 0             | 0                 | 0             | 0                | 65          | 44                      | 0                 | 44         | 44          |

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|------|----------|-------------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|
|------|----------|-------------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|

| <b>DRINKS</b>        |          |     |   |   |   |     |     |    |     |   |   |
|----------------------|----------|-----|---|---|---|-----|-----|----|-----|---|---|
| Barq's Root Beer     | Small    | 160 | 0 | 0 | 0 | 70  | 40  | 0  | 40  | 0 | 0 |
| Barq's Root Beer     | Medium   | 200 | 0 | 0 | 0 | 85  | 50  | 0  | 50  | 0 | 0 |
| Barq's Root Beer     | Large    | 320 | 0 | 0 | 0 | 140 | 81  | 0  | 80  | 0 | 0 |
| Barq's Root Beer     | Roadie   | 450 | 0 | 0 | 0 | 190 | 111 | 0  | 111 | 0 | 0 |
| Coca-Cola Zero Sugar | Small    | 0   | 0 | 0 | 0 | 40  | 0   | 0  | 0   | 0 | 0 |
| Coca-Cola Zero Sugar | Medium   | 0   | 0 | 0 | 0 | 50  | 0   | 0  | 0   | 0 | 0 |
| Coca-Cola Zero Sugar | Large    | 0   | 0 | 0 | 0 | 80  | 0   | 0  | 0   | 0 | 0 |
| Coca-Cola Zero Sugar | Roadie   | 0   | 0 | 0 | 0 | 110 | 0   | 0  | 0   | 0 | 0 |
| Coca-Cola            | Small    | 160 | 0 | 0 | 0 | 40  | 40  | 0  | 40  | 0 | 0 |
| Coca-Cola            | Medium   | 200 | 0 | 0 | 0 | 50  | 50  | 0  | 50  | 0 | 0 |
| Coca-Cola            | Large    | 320 | 0 | 0 | 0 | 75  | 80  | 0  | 80  | 0 | 0 |
| Coca-Cola            | Roadie   | 440 | 0 | 0 | 0 | 105 | 110 | 0  | 110 | 0 | 0 |
| Diet Coke            | Small    | 0   | 0 | 0 | 0 | 50  | 0   | 0  | 0   | 0 | 0 |
| Diet Coke            | Medium   | 0   | 0 | 0 | 0 | 60  | 0   | 0  | 0   | 0 | 0 |
| Diet Coke            | Large    | 0   | 0 | 0 | 0 | 95  | 0   | 0  | 0   | 0 | 0 |
| Diet Coke            | Roadie   | 0   | 0 | 0 | 0 | 130 | 0   | 0  | 0   | 0 | 0 |
| Fanta Orange         | Small    | 160 | 0 | 0 | 0 | 40  | 40  | 0  | 40  | 0 | 0 |
| Fanta Orange         | Medium   | 200 | 0 | 0 | 0 | 50  | 50  | 0  | 50  | 0 | 0 |
| Fanta Orange         | Large    | 320 | 0 | 0 | 0 | 80  | 79  | 0  | 79  | 0 | 0 |
| Fanta Orange         | Roadie   | 440 | 0 | 0 | 0 | 110 | 109 | 0  | 109 | 0 | 0 |
| Fanta Strawberry     | Small    | 170 | 0 | 0 | 0 | 85  | 43  | 0  | 43  | 0 | 0 |
| Fanta Strawberry     | Medium   | 210 | 0 | 0 | 0 | 105 | 54  | 0  | 53  | 0 | 0 |
| Fanta Strawberry     | Large    | 340 | 0 | 0 | 0 | 170 | 86  | 0  | 85  | 0 | 0 |
| Fanta Strawberry     | Roadie   | 470 | 0 | 0 | 0 | 230 | 118 | 0  | 117 | 0 | 0 |
| Minute Maid Lemonade | Small    | 140 | 0 | 0 | 0 | 100 | 36  | 0  | 34  | 0 | 0 |
| Minute Maid Lemonade | Medium   | 180 | 0 | 0 | 0 | 125 | 45  | 0  | 43  | 0 | 0 |
| Minute Maid Lemonade | Large    | 290 | 0 | 0 | 0 | 200 | 72  | 0  | 69  | 0 | 0 |
| Minute Maid Lemonade | Roadie   | 390 | 0 | 0 | 0 | 270 | 99  | 0  | 95  | 0 | 0 |
| Sprite               | Small    | 150 | 0 | 0 | 0 | 70  | 36  | 0  | 36  | 0 | 0 |
| Sprite               | Medium   | 190 | 0 | 0 | 0 | 85  | 46  | 0  | 46  | 0 | 0 |
| Sprite               | Large    | 300 | 0 | 0 | 0 | 135 | 73  | 0  | 73  | 0 | 0 |
| Sprite               | Roadie   | 410 | 0 | 0 | 0 | 190 | 100 | 0  | 100 | 0 | 0 |
| Coffee               | 16 oz.   | 0   | 0 | 0 | 0 | 45  | 0   | 0  | 0   | 0 | 0 |
| Simply Orange Juice  | 11.5 oz. | 160 | 0 | 0 | 0 | 0   | 37  | 0  | 33  | 2 | 0 |
| Milk                 | 7 oz.    | 90  | 0 | 1 | 0 | 10  | 90  | 10 | 10  | 7 | 0 |

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The information provided in this document was compiled from an online tool made available by The Coca-Cola Company. This online tool is intended to assist Customer in complying with FDA menu labelling regulations. The nutrient values provided are based on U.S.D.A. data, vendor data, laboratory analyses and scientific literature. Coca-Cola certifies that the nutrient values are accurate and complete as of the date this certificate is printed.

Ice Displacement Factor is the ratio of fluid ounces not displaced by ice based on the ice assumptions selected. For example, selecting hard ice that is filling 1/3 of the cup will use a displacement factor of 0.83. A 10 ounce cup with 0.83 ice displacement will show nutrient values for 8.3 fluid ounces.

The default value of 2.96 mg per 1 fluid ounces of sodium in the water used in calculations represents the highest level of sodium in water used in our bottling facilities. The USDA National Nutrient Database for Standard Reference Release 26 has a value of 1 mg sodium per fluid ounces of municipal water.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Figures expressed in terms of (% DV) refer to the Percent Daily Value based on a 2000 calorie diet.