



As part of our commitment to you, we have prepared the following list of menu items and their corresponding nutritional values. This list is based on product information provided by our food manufacturers, the United States Department of Agriculture database and Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. Reasonable efforts are made to keep this information current. However, it is possible that ingredient changes and substitutions may occur due to the differences in suppliers, recipe revisions, preparation techniques, and/or the season of the year. Some menu items may not be available at all locations; test products, test recipes, and/or limited time offers may not be included. 04082019v1core

BREAKFAST												
<i>Values based on la carte items unless otherwise noted</i>												
BREAKFAST OPTIONS	CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	
3 Egg Breakfast Plate	Eggs, Bacon & Biscuit Only	480	270	30	18	0	425	1170	29	1	3	23
	Eggs, Sausage & Biscuit Only	520	320	36	20	0	430	1030	28	1	3	21
Add Grits	210	45	5	1	0	0	520	36	3	0	4	
Add Tots	270	170	19	6	1	10	600	235	2	0	2	
Add Coffee	5	0	0	0	0	0	5	0	0	0	0	
2 Sunrisers®	410	290	32	11	0	255	730	16	1	2	19	
Biscuits	Bacon, Egg & Cheese	380	210	23	17	0	125	1180	28	1	4	13
	Chik®	380	190	21	16	0	30	1070	36	1	3	12
	Sausage, Egg & Cheese	410	260	29	18	0	130	1030	28	1	3	11
Scramblers®	Low Carb with Bacon	300	200	23	9	0	250	890	3	0	2	20
	Low Carb with Sausage	360	300	34	12	0	255	600	2	0	1	16
	Original with Bacon	300	170	19	7	0	235	820	17	1	2	16
	Original with Sausage	340	220	24	9	0	235	670	16	1	1	14
SIDES & DRINKS	CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	
Coffee	5	0	0	0	0	0	5	0	0	0	0	
Milk	150	30	3.5	2.5	0	20	160	18	0	18	12	
Orange Juice	140	0	0	0	0	0	20	34	0	30	3	
Side of Grits	210	45	5	1	0	0	520	36	3	0	4	
Side of Tots	270	170	19	6	1	10	600	235	2	0	2	
LUNCH/DINNER												
<i>Values based on la carte items unless otherwise noted</i>												
COMBOS	CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	
Bacon Cheese Krystal (1)	190	90	10	4.5	0	30	570	16	1	2	10	
Chik® (1)	280	150	16	4	0	30	570	23	2	2	12	
Double Krystal (1)	190	100	11	4	0	30	420	16	1	1	10	
Double Krystal with Cheese (1)	240	130	15	7	0	45	670	16	1	2	12	
Krystal (1)	130	50	6	2	0	15	300	15	1	1	6	
Krystal with Cheese (1)	150	70	8	3.5	0	20	430	16	1	1	8	
Side Loaded Fries - Chili Cheese	670	420	47	23	1.5	100	1580	40	7	2	25	
PUPS & NUGGETS	CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	
Chik® Nuggets	4 nuggets	240	170	19	6	0	30	400	8	1	0	10
	10 nuggets	600	420	47	14	1	75	990	20	2	0	26
Dipping Sauce	Honey Mustard (1)	130	110	12	2	0	10	200	4	0	4	0
	Ranch (1)	130	120	13	2	0	10	180	1	0	1	0
	Sweet & Sour (1)	50	0	0	0	0	0	160	13	0	10	0
	Sweet Baby Rays BBQ (1)	70	0	0	0	0	0	280	18	0	16	0
Chili Cheese Pup	300	180	20	10	0	55	710	16	2	1	14	
Corn Pup	290	190	21	7	1	30	470	18	1	5	5	
Classic Pup	170	90	10	3	0	20	420	14	1	1	6	

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SACKFULS		CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
6 Cheese Krystals & 6 Chiks		2610	1310	146	45	3	315	6000	233	17	19	119
12 Spicy Wings		1170	810	90	33	3	405	2940	36	6	12	54
Cheese Krystals	12	1840	860	95	40	1	265	5130	191	14	17	90
	24	3080	1260	140	48	0	385	7270	372	27	29	151
Krystals	12	1540	630	70	24	0	190	3630	186	14	15	75
	24	3080	1260	140	48	0	385	7270	372	27	29	151
PICK 5		CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
4 PC Chick Nuggets		240	170	19	6	0	30	400	8	1	0	10
Apple Turnover		290	160	18	8	0.5	10	190	31	1	11	3
Bacon Cheese Krystal		190	90	10	4.5	0	30	570	16	1	2	10
Cheese Krystal		150	70	8	3.5	0	20	430	16	1	1	8
Chik®		280	150	16	4	0	30	570	23	2	2	12
Chili Cheese Pup		300	180	20	10	0	55	710	16	2	1	14
Classic Pup		170	90	10	3	0	20	420	14	1	1	6
Corn Pup		290	190	21	7	1	30	470	18	1	5	5
Krystal		130	50	6	2	0	15	300	15	1	1	6
Soft Serve Cone		260	70	8	5	0	25	180	40	0	31	6
Sprite Slushie - Fruit Punch		290	0	0	0	0	0	180	71	0	68	0
Sprite Slushie - Grape		290	0	0	0	0	0	230	71	0	68	0
Sprite Slushie - Lemonade		290	0	0	0	0	0	25	77	0	70	0
Sundae - Chocolate		310	70	8	5	0	25	170	57	1	50	6
Sundae - Oreo		350	110	13	7	0	25	260	54	0	40	6
Sundae - Strawberry		310	70	7	5	0	25	150	58	0	51	5
SIDES & ADD-ONS		CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Bacon		35	25	2.5	1	0	10	140	1	0	1	3
Chili		300	180	20	8	1	50	1880	17	3	5	15
French Fries	Small	140	80	9	3.5	0	5	140	14	2	0	2
	Medium	240	140	15	6	1	10	240	24	3	0	3
	Large	300	170	19	7	1	15	300	30	3	0	3
Loaded Fries	Bacon Cheddar Ranch	700	450	51	20	1.5	70	960	46	6	2	17
	Chili Cheese	670	420	47	23	1.5	100	1580	40	7	2	25
	Junkyard	800	530	59	26	1.5	110	1910	42	7	3	28
Loaded Tots	Bacon Cheddar Ranch	770	520	58	19	1.5	70	1630	430	4	2	16
	Chili Cheese	690	440	49	18	1.5	65	1740	433	5	2	15
	Junkyard	810	540	60	20	1.5	75	2070	434	5	3	18
Tots	Small	270	170	19	6	1	10	600	235	2	0	2
	Medium	330	210	23	7	1	15	740	287	2	0	3
	Large	390	250	27	8	1	15	860	336	3	1	3
DESSERTS		CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Apple Turnover		290	160	18	8	0.5	10	190	31	1	11	3
Hand-Spun Milkshakes Chocolate	Regular	650	160	18	11	0	60	360	114	3	100	14
	Large	910	220	24	15	0	80	510	161	4	142	20
Hand-Spun Milkshakes Oreo®	Regular	650	200	22	13	0	60	460	101	0	82	13
	Large	1010	300	33	18	0	80	730	159	0	127	20
Hand-Spun Milkshakes Strawberry	Regular	560	150	17	11	0	60	320	92	0	80	12
	Large	770	200	22	15	0	80	450	128	0	112	17
Hand-Spun Milkshakes Vanilla	Regular	510	150	17	11	0	60	350	80	0	70	12
	Large	730	200	22	15	0	80	510	117	0	104	18
ICEE - Cherry		160	0	0	0	0	0	20	40	0	40	0
ICEE - Coke		120	0	0	0	0	0	0	24	0	24	0
Sprite Slushie - Fruit Punch		290	0	0	0	0	0	180	71	0	68	0
Sprite Slushie - Grape		290	0	0	0	0	0	230	71	0	68	0
Sprite Slushie - Lemonade		290	0	0	0	0	0	25	77	0	70	0
Soft Serve Cone		260	70	8	5	0	25	180	40	0	31	6
Sundae - Chocolate		310	70	8	5	0	25	170	57	1	50	6
Sundae - Oreo		350	110	13	7	0	25	260	54	0	40	6
Sundae - Strawberry		310	70	7	5	0	25	150	58	0	51	5
DRINKS		CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Coffee		5	0	0	0	0	0	5	0	0	0	0
Milk		150	30	3.5	2.5	0	20	160	18	0	18	12
Orange Juice		140	0	0	0	0	0	20	34	0	30	3

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FOUNTAIN DRINKS		CALS	FAT CALS	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Barqs Root Beer	Small	230	0	0	0	0	0	70	58	0	58	0
	Medium	290	0	0	0	0	0	90	73	0	73	0
	Large	440	0	0	0	0	0	135	109	0	109	0
	Roadie	640	0	0	0	0	0	190	160	0	160	0
Coke	Small	210	0	0	0	0	0	55	54	0	54	0
	Medium	270	0	0	0	0	0	65	67	0	67	0
	Large	400	0	0	0	0	0	100	100	0	100	0
	Roadie	590	0	0	0	0	0	150	147	0	147	0
Coke Zero	Small	0	0	0	0	0	0	55	0	0	0	0
	Medium	0	0	0	0	0	0	65	0	0	0	0
	Large	0	0	0	0	0	0	100	0	0	0	0
	Roadie	0	0	0	0	0	0	150	1	0	0	0
Diet Coke	Small	0	0	0	0	0	0	65	0	0	0	0
	Medium	0	0	0	0	0	0	80	1	0	0	0
	Large	0	0	0	0	0	0	120	1	0	0	0
	Roadie	0	0	0	0	0	0	180	1	0	0	0
Dr Pepper	Small	200	0	0	0	0	0	80	53	0	51	0
	Medium	250	0	0	0	0	0	100	66	0	64	0
	Large	380	0	0	0	0	0	150	99	0	96	0
	Roadie	550	0	0	0	0	0	220	145	0	141	0
Fanta Cherry	Small	170	0	0	0	0	0	65	41	0	41	0
	Medium	210	0	0	0	0	0	85	51	0	51	0
	Large	320	0	0	0	0	0	125	77	0	77	0
	Roadie	470	0	0	0	0	0	190	113	0	113	0
Fanta Orange	Small	210	0	0	0	0	0	55	54	0	53	0
	Medium	270	0	0	0	0	0	65	67	0	66	0
	Large	400	0	0	0	0	0	100	101	0	99	0
	Roadie	590	0	0	0	0	0	150	148	0	146	0
Fanta Strawberry	Small	230	0	0	0	0	0	110	57	0	57	0
	Medium	290	0	0	0	0	0	140	72	0	71	0
	Large	430	0	0	0	0	0	210	107	0	106	0
	Roadie	630	0	0	0	0	0	300	157	0	156	0
Hi-C Flashin Fruit Punch	Small	210	0	0	0	0	0	100	57	0	55	0
	Medium	260	0	0	0	0	0	120	71	0	69	0
	Large	390	0	0	0	0	0	180	106	0	103	0
	Roadie	570	0	0	0	0	0	270	155	0	152	0
Minute Maid Lemonade	Small	210	0	0	0	0	0	130	50	0	50	0
	Medium	260	0	0	0	0	0	160	63	0	63	0
	Large	390	0	0	0	0	0	250	94	0	94	0
	Roadie	570	0	0	0	0	0	360	138	0	138	0
POWERADE Mountain Berry Blast	Small	120	0	0	0	0	0	150	29	0	29	0
	Medium	150	0	0	0	0	0	190	37	0	36	0
	Large	230	0	0	0	0	0	280	55	0	55	0
	Roadie	330	0	0	0	0	0	410	80	0	80	0
Sprite	Small	200	0	0	0	0	0	95	50	0	50	0
	Medium	250	0	0	0	0	0	120	62	0	62	0
	Large	380	0	0	0	0	0	180	93	0	93	0
	Roadie	560	0	0	0	0	0	260	137	0	137	0

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