04/17/2025



NUTRITIONAL INFO

	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)
BREAKFAST											
3 Egg Breakfast Plate - 3 eggs cooked to order, with sausage or bacon, grits or tots, and a biscuit											
- Biscuit, Bacon & Grits [1368]	740	330	37	21	0	525	1840	74	3	11	29
- Biscuit, Bacon & Tots [1368]	860	480	55	27	1	530	1890	65	3	10	27
- Biscuit, Sausage & Grits [1368]	930	500	57	28	0	560	1930	73	3	10	32
- Biscuit, Sausage & Tots [1368]	1050	660	75	34	1	565	1980	64	3	9	30
- Toast, Bacon & Grits [168]	640	240	27	8	0	525	1330	69	3	11	30
- Toast, Bacon & Tots [168]	770	400	45	13	1	530	1380	60	3	10	28
- Toast, Sausage & Grits [168]	830	420	47	15	0	560	1420	68	3	10	33
- Toast, Sausage & Tots [168]	960	570	65	20	1	565	1470	59	3	9	31
Bacon, Egg, Cheese Biscuit [1368]	430	250	28	19	0	225	1400	31	1	4	13
Sausage, Egg, Cheese Biscuit [1368]	650	450	51	27	0	265	1630	30	1	3	18
Chik Biscuit [368]	530	280	32	20	0.5	40	1490	45	1	3	16
Spicy Chik Biscuit [368]	530	280	32	20	0.5	40	1600	44	2	3	16
Original Scrambler with Bacon [136]	330	190	21	8	0	250	900	17	0	1	16
Original Scrambler with Sausage [136]	520	360	41	15	0	285	990	16	0	0	19
Low Carb Scrambler with Bacon [136]	500	320	36	14	0	720	1370	3	0	3	35
Low Carb Scrambler with Sausage [136]	880	670	76	28	0	790	1550	1	0	0	41
Sunriser [1368]	450	310	35	12	0	265	720	14	0	1	18
LUNCH/DINNER											
Krystal [68]	150	60	7	2.5	0	20	330	14	1	1	7
Cheese Krystal [368]	170	80	9	4	0	25	360	14	1	1	8
Bacon Cheese Krystal [368]	210	100	12	5	0	30	600	15	1	2	11
Double Krystal [68]	250	120	14	5	0	40	600	22	2	2	13
Double Krystal with Cheese [368]	300	160	18	8	0	50	850	22	2	2	15
Classic Pup [68]	200	90	10	3	0	20	610	20	0	5	6
Chili Cheese Pup [368]	250	130	15	6	0	35	670	19	0	3	11
Chik [1368]	400	220	25	7	0.5	45	960	29	1	1	16
Spicy Chik [1368]	400	220	25	7	0.5	45	1070	28	2	1	16
12 Krystals Sackful [68]	1750	750	85	30	0	240	3990	173	13	14	85
12 Cheese Krystals Sackful [368]	2040	960	108	48	0	300	4360	171	13	13	97
24 Krystals Sackful [68]	3500	1500	169	61	0	480	7980	346	27	28	171
24 Cheese Krystals Sackful [368]	4080	1920	217	97	0	600	8720	342	26	26	194
10 Wings [8]	1030	730	83	29	2.5	315	2450	30	5	10	45
20 Wings [8]	2060	1470	166	58	5	635	4900	60	10	20	90
Patty Melt [368]	680	330	37	16	0	90	1090	53	4	9	27

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

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		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)
SIDES												
Fries (Small)		220	120	14	5	0.5	4	500	21	2	0	2
Fries (Medium)		300	170	19	7	1.0	5	820	29	3	1	3
Fries (Large)		440	250	28	11	1.5	10	1480	42	4	2	4
Tots (Small)		260	170	19	7	0.5	4	560	20	2	1	2
Tots (Medium)		330	220	24	9	1.0	5	880	25	3	1	3
Tots (Large)		480	310	35	13	1.0	10	1520	37	4	2	4
Krystal Junkyard Fries [1 3 6]		790	500	57	20	1.5	70	2510	50	5	5	19
Krystal Junkyard Tots [1 3 6]		830	560	64	22	1.5	70	2590	45	5	5	19
Chili Cheese Fries [3 6]		620	360	40	17	1.5	50	2190	49	5	3	17
Chili Cheese Tots [3 6]		670	420	47	19	1.5	50	2270	44	5	3	16
BREAKFAST SIDES												
Biscuit [3 6 8]		330	170	19	15	0	0	850	39	1	11	3
Side of Grits [6]		180	35	4	0.5	0	0	560	35	2	0	4
Tots (Small)		260	170	19	7	0.5	4	560	20	2	1	2
DESSERTS												
Apple Turnover [3 8]		370	230	26	12	1	5	240	33	1	12	3
Glaze Bombs - 4 Piece [1 3 6 8]		330	170	19	8	0.5	3	160	38	0	22	3
Glaze Bombs - 10 Piece [1 3 6 8]		780	410	47	20	1.5	10	390	85	2	46	7
Chocolate Shake [3 6]		580	130	15	10	0	60	370	102	3	96	15
Oreo Shake [3 6 8]		580	170	19	11	0	60	470	89	1	77	14
Reese's Shake [3 4 6]		630	240	27	13	0	60	480	79	2	74	17
Strawberry Shake [3]		480	120	14	9	0	60	330	79	0	75	13
Vanilla Shake [3]		440	120	14	9	0	60	360	68	0	66	13
Chocolate Sundae [3 6]		260	60	6	4	0	25	160	47	1	44	6
Oreo Sundae [3 6 8]		300	100	11	5	0	25	250	45	1	34	6
Strawberry Sundae [3]		250	50	6	3.5	0	25	135	48	0	44	5
ICEES												
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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DRINKS	Size	Calories	Calories From Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer	Small	160	0	0	0	0	70	40	0	40	0
Barq's Root Beer	Medium	200	0	0	0	0	85	50	0	50	0
Barq's Root Beer	Large	320	0	0	0	0	140	81	0	80	0
Barq's Root Beer	Roadie	450	0	0	0	0	190	111	0	111	0
Coca-Cola Zero Sugar	Small	0	0	0	0	0	40	0	0	0	0
Coca-Cola Zero Sugar	Medium	0	0	0	0	0	50	0	0	0	0
Coca-Cola Zero Sugar	Large	0	0	0	0	0	80	0	0	0	0
Coca-Cola Zero Sugar	Roadie	0	0	0	0	0	110	0	0	0	0
Coca-Cola	Small	160	0	0	0	0	40	40	0	40	0
Coca-Cola	Medium	200	0	0	0	0	50	50	0	50	0
Coca-Cola	Large	320	0	0	0	0	75	80	0	80	0
Coca-Cola	Roadie	440	0	0	0	0	105	110	0	110	0
Diet Coke	Small	0	0	0	0	0	50	0	0	0	0
Diet Coke	Medium	0	0	0	0	0	60	0	0	0	0
Diet Coke	Large	0	0	0	0	0	95	0	0	0	0
Diet Coke	Roadie	0	0	0	0	0	130	0	0	0	0
Fanta Orange	Small	160	0	0	0	0	40	40	0	40	0
Fanta Orange	Medium	200	0	0	0	0	50	50	0	50	0
Fanta Orange	Large	320	0	0	0	0	80	79	0	79	0
Fanta Orange	Roadie	440	0	0	0	0	110	109	0	109	0
Fanta Strawberry	Small	170	0	0	0	0	85	43	0	43	0
Fanta Strawberry	Medium	210	0	0	0	0	105	54	0	53	0
Fanta Strawberry	Large	340	0	0	0	0	170	86	0	85	0
Fanta Strawberry	Roadie	470	0	0	0	0	230	118	0	117	0
Minute Maid Lemonade	Small	140	0	0	0	0	100	36	0	34	0
Minute Maid Lemonade	Medium	180	0	0	0	0	125	45	0	43	0
Minute Maid Lemonade	Large	290	0	0	0	0	200	72	0	69	0
Minute Maid Lemonade	Roadie	390	0	0	0	0	270	99	0	95	0
Sprite	Small	150	0	0	0	0	70	36	0	36	0
Sprite	Medium	190	0	0	0	0	85	46	0	46	0
Sprite	Large	300	0	0	0	0	135	73	0	73	0
Sprite	Roadie	410	0	0	0	0	190	100	0	100	0
Coffee	16 oz.	0	0	0	0	0	45	0	0	0	0
Simply Orange Juice	11.5 oz.	160	0	0	0	0	0	37	0	33	2
Milk	7 oz.	90	0	1	0	10	90	10	0	10	7

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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.

	Calories	Calories From Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
LIMITED TIME ITEMS										
Bacon, Egg & Cheese Waffle [1 3 6 8]	630	230	10	0	245	680	85	0	60	15
Bacon, Egg & Cheese Waffle Combo (No Drink) [1 3 6 8]	890	390	17	1	250	1260	104	2	62	17
Maple Waffle Chik Combo (No Drink) [1 3 6 8]	1030	470	19	1	265	1600	115	2	61	24
Maple Waffle Chik Sandwich [1 3 6 8]	770	300	12	0.5	260	1020	95	0	60	22
Mini Waffles w/ Syrup (2 piece) [1 3 6 8]	440	140	6	0	20	360	70	0	33	5
Sausage, Egg & Cheese Waffle [1 3 6 8]	850	430	18	0	285	910	84	0	60	20
Sausage, Egg & Cheese Waffle Combo (No Drink) [1 3 6 8]	1110	590	25	1.0	290	1490	104	2	61	22

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