



Item	Total Carbs	Protein
BREAKFAST		
CROISSAN'WICH		
Egg & Cheese*	29	12
Ham, Egg & Cheese*	30	17
Bacon, Egg & Cheese*	30	14
BISCUITS		
Sausage*	28	12
Bacon, Egg & Cheese*	29	13
Ham, Egg & Cheese*	31	17
BURGERS		
Hamburger*	26	13
Double Hamburger*	26	21
Whopper Jr.*	27	13
Cheeseburger*	27	15
Double Cheeseburger*	27	23
Bacon Cheeseburger*	27	17
Bacon Double Cheeseburger*	27	25
CHICKEN		
Crispy Chicken Jr.*	34	12
Spicy Crispy Chicken Jr.*	37	12
NUGGETS		
4 Chicken Nuggets	11	8
4 Spicy Chicken Nuggets	11	8
6 Chicken Nuggets	16	12
6 Spicy Chicken Nuggets	17	12
9 Chicken Fries	20	13
2 Crispy Chicken Tenders	22	18
10 Chicken Nuggets	27	20
10 Spicy Chicken Nuggets	28	20
3 Crispy Chicken Tenders	33	27

(*) – Toss half the bun to reduce carbs

Item	Size	Total Carbs	Protein
DRINKS			
Unsweetened Tea	ExLg	0	0
Plain Coffee	Lg	0	0
Diet Coke	ExLg	<1	0
Minute Maid Light Lemonade	Sm	3	1
Minute Maid Light Lemonade	Me	4	0
Minute Maid Light Lemonade	Lg	5	0
Minute Maid Light Lemonade	ExLg	7	0
SIDES			
Motts Natural Applesauce	Pk	13	0
SAUCES			
Mayonnaise	Pk	1	0
Ranch Dipping Sauce	1 oz	1	1
Buffalo Dipping Sauce	1 oz	2	0
Ketchup	Pk	3	0
Zesty Onion Ring Dipping Sauce	1 oz	3	0
Strawberry or Grape Jam	Pk	7	0
Honey Mustard Dipping Sauce	1 oz	8	0
Barbecue Dipping Sauce	1 oz	11	0
SALADS			
Garden Side Salad		3	4
Club Salad w/Grilled Chicken		16	48
Garden Chicken Salad w/Grilled Chicken		16	43
Caesar Side Salad		21	11
Club Salad w/Crispy Chicken		31	31
Garden Chicken Salad w/Crispy Chicken		31	25
DRESSINGS			
Ken's Ranch Dressing	Pk	2	1
Ken's Golden Italian Dressing	Pk	4	0
Ken's Lite Honey Balsamic Vinaigrette	Pk	14	0
TOPPINGS			
Buttery Garlic Croutons	Pk	9	1