

Nutritional and Allergen Statement for Frisch’s Big Boy Restaurants:

Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Many of our products contain or may come into contact with or are produced at facilities that handle these allergens.

While we may have non-allergen containing products and ingredients, we do not segregate those products and ingredients during normal kitchen processes and cannot eliminate the risk of cross-contamination. During preparation, we do not use separate fryers, grills, or utensils when cooking. Because of this, there is likelihood for allergen crossover. We do not claim that any menu item is gluten free according to the FDA’s definition. The FDA does not recognize highly refined soybean oil as an allergen; therefore, products containing soybean oil are not marked as containing soy.

We cannot guarantee accuracy of nutritional information. Variations in nutritional values may occur, along with changes in ingredients and procedures. When needed, we may substitute similar products due to inventory shortages. We can’t guarantee that the substitute products will be nutritionally equivalent to the previous product. Frisch’s Big Boy, its franchisees, employees, and consultants do not assume responsibility for the nutritional information or allergen information provided or for an allergic reaction or sensitivity to any food provided by our restaurants.

This nutrition and allergen information is provided for information purposes only and does not constitute medical or dietary advice of any kind. Please consult a medical professional if you have questions about food allergies or sensitivities.

Updated AUGUST 2021

BURGERS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
1/4 Pound Cheeseburger	740	490	54g	16g	1.5g	110mg	970mg	33g	1g	5g	29g	Yes	Yes	Yes	Yes					Yes
1/4 Pound Hamburger	660	430	47g	12g	1.5g	85mg	720mg	31g	1g	4g	24g		Yes	Yes						Yes
Bacon Cheeseburger	830	560	62g	19g	1.5g	145mg	1140mg	34g	2g	6g	35g	Yes	Yes	Yes	Yes					Yes
Big Boy	720	460	51g	14g	1.5g	100mg	890mg	37g	1g	6g	27g	Yes	Yes	Yes	Yes					Yes
Brawny Lad	470	250	27g	9g	1.5g	80mg	340mg	30g	1g	6g	24g		Yes							Yes
Super Big Boy	1260	900	100g	28g	3g	200mg	1540mg	40g	1g	6g	48g	Yes	Yes	Yes	Yes					Yes
Swiss Miss	730	480	52g	15g	1.5g	100mg	850mg	31g	1g	5g	24g	Yes	Yes	Yes	Yes					Yes
Junior Big Boy drive thru	550	350	38g	10g	1g	60mg	800mg	32g	1g	5g	17g	Yes	Yes	Yes	Yes					Yes
Double Cheeseburger drive thru	510	240	27g	11g	1g	115mg	1130mg	26g	1g	7g	36g	Yes	Yes		Yes					Yes
Small Bacon Cheeseburger drive thru	610	390	43g	11g	0g	85mg	960mg	27g	1g	6g	25g	Yes	Yes	Yes	Yes					Yes
SANDWICHES	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
Buddie Boy	520	270	30g	7g	0g	65mg	1450mg	38g	2g	5g	19g	Yes	Yes	Yes	Yes					Yes
Crispy Chicken	850	490	56g	9g	0g	110mg	1670mg	52g	2g	6g	35g	Yes	Yes	Yes	Yes					Yes
Cod Fish	700	400	46g	7g	0g	55mg	1340mg	45g	1g	4g	26g	Yes	Yes	Yes	Yes				Yes	Yes
Grilled Chicken	560	290	32g	5g	0g	110mg	1110mg	32g	1g	6g	33g	Yes	Yes	Yes	Yes					Yes
Turkey Club	530	290	32g	7g	0g	80mg	1550mg	35g	2g	5g	27g		Yes	Yes						Yes
MELTS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
Club Melt	830	410	42g	19g	0g	130mg	2740mg	58g	3g	7g	34g	Yes	Yes	Yes	Yes					Yes
Grilled Cheese	520	240	27g	12g	0g	50mg	1120mg	57g	2g	6g	19g	Yes	Yes	Yes	Yes					Yes
Patty Melt	920	520	58g	22g	1.5g	125mg	1270mg	61g	7g	9g	31g	Yes	Yes	Yes	Yes					Yes

KIDS MEALS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
	Kids Meal Cheeseburger and Fries	890	500	57g	13g	1g	60mg	890mg	71g	5g	5g	21g	Yes	Yes	Yes	Yes				
Kids Meal Crispy Chicken Tenders and Fries	670	330	38g	6g	0g	50mg	910mg	55g	5g	0g	22g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Kids Meal Chili and Spaghetti	330	90	10g	3.5g	.5g	30mg	410mg	42g	5g	3g	16g		Yes							Yes
Kids Meal Grilled Cheese and Fries	690	320	37g	10g	0g	25mg	780mg	77g	5g	4g	15g	Yes	Yes	Yes	Yes					Yes
Kids Meal Hamburger and Fries	850	470	53g	11g	1g	45mg	760mg	70g	5g	4g	18g		Yes	Yes						Yes
Kids Spaghetti with meat sauce	280																			
Kids Meal Mac and Cheese	450	160	17g	9g	0g	50mg	1740mg	55g	1g	6g	20g	Yes	Yes	Yes						Yes
Kids Meal Pancakes and Bacon	820	190	21g	10g	0g	75mg	1060mg	144g	2g	72g	14g	Yes	Yes	Yes	Yes					Yes
Kids Meal Pancakes and Sausage Links	830	200	23g	11g	0g	75mg	950mg	143g	2g	72g	13g	Yes	Yes	Yes	Yes					Yes
Kids Meal Pancakes and Sausage Patty	950	310	34g	14g	0g	95mg	1160mg	145g	2g	72g	16g	Yes	Yes	Yes	Yes					Yes
Kids Meal Pancakes and Turkey Sausage Patty	830	180	20g	9g	0g	95mg	1050mg	144g	2g	72g	17g	Yes	Yes	Yes	Yes					Yes
SOUPS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
Soup Bean Cup Drive Thru 8 oz.	200	20	2.5g	1g	0g	10mg	1170mg	31g	8g	7g	11g									
Soup Bean Bowl 12 oz.	290	35	4g	1.5g	0g	15mg	1750mg	47g	12g	10g	17g									
Soup Bean Quart 32 oz.	790	90	11g	4.5g	0g	35mg	4660mg	125g	33g	27g	45g									
Soup Beef Barley Cup Drive Thru 8 oz.	280	50	5g	1.5g	0g	75mg	3520mg	29g	6g	4g	24g		Yes		Yes					Yes
Soup Beef Barley Bowl 12 oz.	420	70	8g	2g	0g	115mg	5280mg	44g	9g	5g	36g		Yes		Yes					Yes
Soup Beef Barley Quart 32 oz.	1130	200	22g	6g	0.5g	300mg	14090mg	117g	24g	15g	97g		Yes		Yes					Yes
Soup Broccoli Cup Drive Thru 8 oz.	700	540	63g	38g	0g	145mg	2060mg	22g	1g	3g	3g	Yes	Yes	Yes	Yes					Yes
Soup Broccoli Bowl 12 oz.	1050	820	95g	57g	0g	215mg	3090mg	34g	2g	4g	4g	Yes	Yes	Yes	Yes					Yes
Soup Broccoli Quart 32 oz.	2810	2170	254g	153g	0g	575mg	8240mg	89g	6g	12g	12g	Yes	Yes	Yes	Yes					Yes
Soup Cheddar Potato Cup Drive Thru 8 oz.	700	470	53g	33g	0g	135mg	1860mg	40g	2g	5g	9g	Yes	Yes		Yes					Yes
Soup Cheddar Potato Bowl 12 oz.	1050	700	80g	50g	0g	200mg	2790mg	60g	3g	8g	13g	Yes	Yes		Yes					Yes
Soup Cheddar Potato Quart 32 oz.	2800	1870	214g	133g	0g	530mg	7430mg	160g	7g	21g	34g	Yes	Yes		Yes					Yes
Soup Chicken Noodle Cup Drive Thru 8 oz.	190	60	7g	2g	0g	40mg	6880mg	19g	3g	10g	12g	Yes	Yes		Yes					Yes
Soup Chicken Noodle Bowl 12 oz.	280	90	10g	2.5g	0g	60mg	10320mg	29g	5g	15g	18g	Yes	Yes		Yes					Yes
Soup Chicken Noodle Quart 32 oz.	750	230	26g	7g	0g	155mg	27530mg	76g	14g	41g	49g	Yes	Yes		Yes					Yes
Soup Chicken Tortilla Cup Drive Thru 8 oz.	260	120	14g	6g	0g	60mg	2320mg	17g	3g	5g	17g	Yes	Yes	Yes	Yes					Yes
Soup Chicken Tortilla Bowl 12 oz.	390	190	21g	8g	0g	90mg	3480mg	26g	5g	7g	25g	Yes	Yes	Yes	Yes					Yes
Soup Chicken Tortilla Quart 32 oz.	1040	500	57g	22g	0g	235mg	9270mg	68g	14g	20g	67g	Yes	Yes	Yes	Yes					Yes
Soup Chili Cup Drive Thru 8 oz.	400	190	21g	8g	1g	75mg	960mg	24g	9g	3g	26g									
Soup Chili Bowl 12 oz.	600	280	32g	12g	2g	115mg	1450mg	36g	13g	4g	39g									
Soup Chili Quart 32 oz.	1590	760	84g	31g	5g	305mg	3850mg	96g	36g	11g	103g									
Soup Italian Wedding Cup Drive Thru 8 oz.	300	130	15g	6g	0.5g	35mg	2760mg	27g	5g	6g	15g	Yes	Yes	Yes	Yes					Yes
Soup Italian Wedding Bowl 12 oz.	450	200	22g	9g	1g	55mg	4140mg	41g	8g	9g	22g	Yes	Yes	Yes	Yes					Yes
Soup Italian Wedding Quart 32 oz.	1200	530	59g	24g	2.5g	140mg	11030mg	110g	20g	24g	60g	Yes	Yes	Yes	Yes					Yes
Soup New England Clam Chowder Cup Drive Thru 8 oz.	370	250	29g	18g	0g	75mg	710mg	17g	< 1g	< 1g	7g	Yes								
Soup New England Clam Chowder Bowl 12 oz.	560	370	43g	27g	0g	110mg	1070mg	26g	1g	1g	10g	Yes								
Soup New England Clam Chowder Quart 32 oz.	1490	990	116g	71g	0g	295mg	2840mg	68g	3g	3g	27g	Yes								
Soup Potato Cup Drive Thru 8 oz.	730	500	58g	34g	0g	125mg	1590mg	42g	2g	3g	5g	Yes	Yes	Yes	Yes					Yes
Soup Potato Bowl 12 oz.	1100	750	87g	51g	0g	190mg	2390mg	63g	3g	4g	8g	Yes	Yes	Yes	Yes					Yes
Soup Potato Quart 32 oz.	2940	1990	231g	135g	0g	510mg	6370mg	167g	8g	10g	21g	Yes	Yes	Yes	Yes					Yes
Soup Tomato Bisque Cup Drive Thru 8 oz.	390	200	24g	15g	0g	75mg	1780mg	34g	5g	11g	4g	Yes			Yes					
Soup Tomato Bisque Bowl 12 oz.	580	300	36g	23g	0g	115mg	2680mg	51g	8g	16g	6g	Yes			Yes					
Soup Tomato Bisque Quart 32 oz.	1540	810	97g	62g	0g	310mg	7140mg	135g	21g	43g	15g	Yes			Yes					

Soup Vegetable Cup Drive Thru 8 oz.	190	0	0.5g	0g	0g	0mg	1950mg	41g	6g	7g	4g										Yes
Soup Vegetable Bowl 12 oz.	280	5	1g	0g	0g	0mg	2930mg	61g	10g	11g	6g										Yes
Soup Vegetable Quart 32 oz.	740	20	2g	0g	0g	0mg	7820mg	163g	25g	30g	17g										Yes
SALADS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN	
Salad BLT Crispy Chicken no dressing	750	430	47g	14g	0g	100mg	1660mg	39g	6g	3g	37g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Salad BLT Grilled Chicken no dressing	540	300	33g	12g	0g	95mg	1210mg	24g	5g	4g	32g	Yes	Yes	Yes	Yes						Yes
Salad Chef no dressing	538																				
Salad Cobb no dressing	510	310	33g	16g	0g	320mg	1690mg	11g	4g	4g	39g	Yes		Yes							
Salad Cranberry Pecan Crispy Chicken no dressing	660	360	40g	5g	0g	50mg	840mg	53g	7g	25g	23g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Salad Cranberry Pecan Grilled Chicken no dressing	450	230	26g	3g	0g	45mg	390mg	37g	6g	26g	19g	Yes		Yes	Yes		Yes				

APPETIZERS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
	Chili Cheese Fries	680	350	40g	11g	0g	55mg	590mg	57g	8g	< 1g	19g	Yes							
Fried Mushrooms no sauce	370	250	29g	5g	0g	0mg	600mg	25g	2g	3g	7g	Yes	Yes	Yes	Yes					Yes
Fried Pickles no sauce	310	220	25g	4.5g	0g	0mg	2340mg	20g	< 1g	0g	3g	Yes	Yes	Yes	Yes					Yes
Mozzarella Cheese Sticks	570	320	36g	13g	0g	50mg	1450mg	45g	5g	10g	20g	Yes	Yes							Yes
DINNERS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
	Dinner Butterfly Shrimp no sides	690	280	33g	7g	0g	130mg	1960mg	80g	2g	16g	23g	Yes	Yes	Yes	Yes			Yes	
Dinner Chili Mac no side	880	270	30g	9g	1g	65mg	1150mg	112g	12g	9g	37g	Yes	Yes	Yes	Yes					Yes
Dinner Country Fried Chicken no sides	1560																			
Dinner Crispy Chicken Parmesan no side	1540																			
Dinner Crispy Chicken Tenders 5 piece no sides	950	480	55g	10g	0g	135mg	2190mg	64g	3g	4g	48g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dinner Crispy 3 piece Cod no sides	536	300	35g	7g	0g	60mg	420mg	56g	3g	4g	27g	Yes	Yes	Yes	Yes				Yes	Yes
Dinner Grilled Chicken Breast no sides	370	140	16g	4g	0g	95mg	900mg	25g	< 1g	6g	31g	Yes	Yes	Yes	Yes					Yes
Dinner Spaghetti with meat sauce	1010	380	43g	12g	2g	60mg	1850mg	125g	12g	15	45g	Yes	Yes	Yes	Yes					Yes
FAVORITES	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
	Chicken 'N' Chips plain	1070	460	53g	10g	0g	85mg	1455mg	86g	6g	4g	34g	Yes	Yes	Yes	Yes				
Chicken 'N' Chips buffalo style	1270	560	63g	10g	0g	85mg	3135mg	90g	6g	4g	34g	Yes	Yes	Yes	Yes					Yes
Chili Mac no side	880	270	30g	9g	1g	65mg	1150mg	112g	12g	9g	37g	Yes	Yes	Yes	Yes					Yes
Fish 'N' Chips	1310	830	94g	15g	0g	60mg	960mg	87g	7g	0g	29g	Yes	Yes	Yes	Yes				Yes	Yes
Popcorn Shrimp 'N' Chips plain	980	450	53g	9g	0g	105mg	1370mg	110g	7g	10g	21g		Yes					Yes		Yes
Popcorn Shrimp 'N' Chips buffalo style	1180	550	63g	9g	0g	105mg	2750mg	114g	7g	10g	21g		Yes					Yes		Yes
Hot Open Faced Roast Beef Sandwich with Mashed Potatoes	780	240	26g	10g	0g	85mg	2610mg	91g	4g	6g	46g	Yes	Yes		Yes					Yes
Hot Open Face Turkey Sandwich with Mashed Potatoes	670																			
Spaghetti with meat sauce	1010	380	43g	12g	2g	60mg	1850mg	125g	12g	15	45g	Yes	Yes	Yes	Yes					Yes
Chili Cheese Fries	680	350	40g	11g	0g	55mg	590mg	57g	8g	< 1g	19g	Yes								
Fried Mushrooms no sauce	370	250	29g	5g	0g	0mg	600mg	25g	2g	3g	7g	Yes	Yes	Yes	Yes					Yes
Fried Pickles no sauce	310	220	25g	4.5g	0g	0mg	2340mg	20g	< 1g	0g	3g	Yes	Yes	Yes	Yes					Yes
Mozzarella Cheese Sticks no sauce	570	320	36g	13g	0g	50mg	1450mg	45g	5g	10g	20g	Yes	Yes							Yes
DESSERTS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
	Apple Pie Slice	730	340	37g	15g	0g	20mg	900mg	95g	5g	47g	4g	Yes	Yes	Yes	Yes				
Apple Pie Whole	4370	2020	220g	88g	0g	130mg	5390mg	568g	28g	284g	25g	Yes	Yes	Yes	Yes					Yes
Cherry Pie Slice	610	320	35g	14g	0g	20mg	740mg	67g	4g	18g	5g	Yes	Yes							Yes
Cherry Pie Whole	3640	1930	209g	86g	0g	130mg	4430mg	403g	24g	107g	31g	Yes	Yes							Yes
Coconut Cream Pie Slice	580	330	37g	22g	0g	40mg	580mg	58g	3g	31g	5g	Yes	Yes		Yes					Yes
Coconut Cream Pie Whole	3490	1980	219g	131g	0g	245mg	3460mg	351g	16g	183g	30g	Yes	Yes		Yes					Yes
Pecan Pie Slice	720	360	40g	15g	0g	95mg	580mg	84g	2g	50g	6g	Yes	Yes	Yes	Yes		Yes			Yes
Pecan Pie Whole	5020	2500	279g	106g	0g	660mg	4100mg	588g	12g	350g	41g	Yes	Yes	Yes	Yes		Yes			Yes
Pumpkin Pie Slice	530	220	25g	13g	0g	90mg	570mg	69g	3g	39g	7g	Yes	Yes	Yes						Yes
Pumpkin Pie Whole	3170	1330	149g	78g	0g	545mg	3390mg	414g	19g	234g	41g	Yes	Yes	Yes						Yes
Apple Piebaby	590	220	25g	12g	0g	15mg	700mg	89g	4g	53g	3g	Yes	Yes							Yes
Banana Cream Piebaby	610	310	34g	17g	0g	45mg	640mg	70g	2g	34g	5g	Yes	Yes		Yes					Yes

Chocolate Cream Piebaby	600	320	35g	19g	0g	45mg	690mg	64g	2g	31g	5g	Yes	Yes		Yes				Yes
Coconut Cream Piebaby	650	370	41g	24g	0g	45mg	660mg	64g	3g	31g	6g	Yes	Yes		Yes				Yes
Key Lime Piebaby	580	250	28g	14g	0g	15mg	650mg	77g	1g	40g	3g	Yes	Yes	Yes					Yes
Peanut Butter Piebaby	850	470	52g	25g	0g	35mg	800mg	86g	4g	43g	11g	Yes	Yes		Yes	Yes			Yes
Strawberry Piebaby	590	210	23g	10g	0g	15mg	400mg	93g	3g	54g	3g	Yes	Yes						Yes
Cheesecake Slice Plain	490	280	31g	20g	0g	90mg	340mg	39g	< 1g	26g	8g	Yes	Yes	Yes					Yes
Cheesecake Slice with Blueberry Topping	580	280	31g	20g	0g	90mg	390mg	62g	2g	43g	8g	Yes	Yes	Yes					Yes
Cheesecake Slice with Cherry Topping	570	280	31g	20g	0g	90mg	400mg	59g	2g	41g	9g	Yes	Yes	Yes					Yes
Cheesecake Slice with Strawberry Topping	640	280	31g	20g	0g	90mg	340mg	76g	1g	56g	8g	Yes	Yes	Yes					Yes
Pumpkin Cheesecake Slice	460	200	22g	14g	0g	100mg	350mg	52g	2g	35g	8g	Yes	Yes	Yes					Yes
Hot Fudge Cake	660	240	27g	16g	0g	60mg	550mg	96g	5g	67g	7g	Yes	Yes	Yes					Yes
Red Velvet Hot Fudge Cake	660	260	29g	15g	0g	45mg	560mg	91g	5g	64g	7g	Yes	Yes	Yes	Yes				Yes
Pumpkin Spice Caramel Cake	640	220	26g	11g	0g	75mg	580mg	98g	1g	72g	6g	Yes	Yes	Yes			Yes		Yes
Carrot Cake with Icing Slice	420	190	22g	4.5g	0g	35mg	240mg	54g	1g	40g	4g	Yes	Yes	Yes			Yes		Yes
Ice Cream Vanilla 1 Scoop/A la mode	110	50	6g	3.5g	0g	20mg	45mg	12g	0g	10g	1g	Yes							
Sundae Chocolate	420	140	17g	12g	0g	45mg	120mg	62g	1g	54g	4g	Yes							
Sundae Hot Fudge	550	210	24g	15g	0g	45mg	250mg	72g	4g	55g	5g	Yes							
Sundae Strawberry	450	130	16g	11g	0g	45mg	105mg	73g	0g	68g	3g	Yes							
Hand-Dipped Milkshake Chocolate Small 16 oz.	720	270	32g	21g	0g	100mg	280mg	94g	1g	82g	12g	Yes							
Hand-Dipped Milkshake Chocolate Medium 24 oz.	1080	340	39g	26g	0g	130mg	370mg	125g	2g	109g	16g	Yes							
Hand-Dipped Milkshake Strawberry Small 16 oz.	750	270	31g	21g	0g	100mg	270mg	103g	0g	95g	11g	Yes							
Hand-Dipped Milkshake Strawberry Medium 24 oz.	1125	330	38g	25g	0g	130mg	350mg	139g	0g	129g	15g	Yes							
Hand-Dipped Milkshake Vanilla Small 16 oz.	590	270	31g	21g	0g	100mg	250mg	61g	0g	53g	11g	Yes							
Hand-Dipped Milkshake Vanilla Medium 24 oz.	885	330	38g	25g	0g	130mg	330mg	76g	0g	66g	15g	Yes							
Hand-Dipped Malt Chocolate 16 oz	830	190	21g	13g	0g	75mg	310mg	108g	0g	91g	22g	Yes	Yes		Yes				Yes
Hand-Dipped Malt Strawberry 16 oz.	770	180	20g	13	0g	75mg	310mg	94g	0g	77g	14g	Yes	Yes		Yes				Yes
Hand-Dipped Malt Vanilla 16 oz	650	180	20g	13g	0g	15mg	310mg	66g	0g	50g	14g	Yes	Yes		Yes				Yes
Hand-Dipped Malt Chocolate 24 oz.	1245	240	26g	18g	0g	100mg	430mg	152g	0g	127g	31g	Yes	Yes		Yes				Yes
Hand-Dipped Malt Strawberry 24 oz.	1155	240	26g	17g	0g	100mg	430mg	130g	0g	106g	18g	Yes	Yes		Yes				Yes
Hand-Dipped Malt Vanilla 24 oz.	975	240	26g	17g	0g	100mg	430mg	88g	0g	77g	18g	Yes	Yes		Yes				Yes
Mini Big Boy Sundae Chocolate	240	90	10g	8g	0g	20mg	60mg	34g	< 1g	30g	2g	Yes							
Mini Big Boy Sundae Hot Fudge	300	120	14g	10g	0g	20mg	125mg	39g	2g	31g	2g	Yes							
Mini Big Boy Sundae Strawberry	260	80	10g	8g	0g	20mg	50mg	39g	0g	37g	1g	Yes							
Mini Hot Fudge Cake	340	120	13g	8g	0g	30mg	270mg	49g	2g	35g	4g	Yes	Yes	Yes					Yes

BREAKFAST	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
	Western Omelet	540	330	38g	12g	0g	635mg	1100mg	10g	< 1g	6g	41g	Yes		Yes	Yes				
Western Omelet Egg Substitute	430	210	24g	7g	0g	75mg	1230mg	13g	< 1g	3g	41g	Yes		Yes	Yes					
Farmers Omelet	700	410	47g	14g	0g	635mg	1520mg	28g	2g	8g	42g	Yes		Yes	Yes					
Farmers Omelet Egg Substitute	580	290	33g	9g	0g	75mg	1640mg	31g	2g	5g	43g	Yes		Yes	Yes					
Ham and Cheese Omelet	500	310	36g	11g	0g	630mg	1170mg	8g	0g	5g	39g	Yes		Yes	Yes					
Ham and Cheese Omelet Egg Substitute	380	190	22g	6g	0g	70mg	1300mg	11g	0g	3g	40g	Yes		Yes	Yes					
Hog Heaven Burrito	750	440	48g	18g	0g	265mg	1460mg	46g	3g	2g	31g	Yes	Yes	Yes	Yes					Yes
Bacon, Egg, Cheese, and Hash brown Burrito	550	280	30g	12g	0g	230mg	1080mg	44g	3g	2g	24g	Yes	Yes	Yes	Yes					Yes
Sausage, Egg, Cheese, and Hash brown Burrito	680	390	43g	16g	0g	250mg	1180mg	45g	3g	2g	26g	Yes	Yes	Yes	Yes					Yes
Bacon, Egg, Cheese Sandwich on bun	600	330	38g	10g	0g	240mg	1070mg	46g	< 1g	5g	22g	Yes	Yes	Yes	Yes					Yes
Ham, Egg, Cheese Sandwich on bun	610	290	34g	8g	0g	270mg	1390mg	48g	< 1g	6g	30g	Yes	Yes	Yes	Yes					Yes
Sausage, Egg, Cheese Sandwich on bun	940	620	69g	20g	0g	290mg	1540mg	49g	< 1g	5g	31g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Bacon and Egg on Rye Toast	560	370	40g	9g	0g	230mg	830mg	31g	< 1g	< 1g	20g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Bacon and Egg on White Toast	620	390	42g	11g	0g	230mg	1170mg	39g	2g	3g	21g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Bacon and Egg on Whole Wheat Toast	630	400	43g	11g	0g	230mg	1040mg	42g	5g	6g	21g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Ham and Egg on Rye Toast	530	310	34g	6g	0g	250mg	1000mg	32g	< 1g	2g	26g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Ham and Egg on White Toast	590	320	36g	8g	0g	250mg	1350mg	41g	2g	5g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Ham and Egg on Whole Wheat Toast	600	330	37g	8g	0g	250mg	1220mg	43g	5g	7g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Sausage and Egg on Rye Toast	860	630	69g	18g	0g	275mg	1160mg	33g	< 1g	< 1g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Sausage and Egg on White Toast	920	640	71g	20g	0g	275mg	1500mg	42g	2g	3g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Sausage and Egg on Whole Wheat Toast	930	650	72g	20g	0g	275mg	1370mg	44g	5g	6g	27g	Yes	Yes	Yes	Yes					Yes
Egg 'N Cheese Biscuit	430	230	26g	12g	0g	200mg	1210mg	36g	1g	4g	14g	Yes	Yes	Yes	Yes					Yes
Egg 'N Cheese Biscuit with Bacon	470	250	28g	13g	0g	205mg	1350mg	37g	1g	4g	17g	Yes	Yes	Yes	Yes					Yes
Egg 'N Cheese Biscuit with Ham	510	240	27g	12g	0g	245mg	1810mg	39g	1g	6g	28g	Yes	Yes	Yes	Yes					Yes
Egg 'N Cheese Biscuit with Sausage	640	400	44g	19g	0g	235mg	1590mg	38g	1g	4g	21g	Yes	Yes	Yes	Yes					Yes
Biscuit with Bacon	350	170	18g	10g	0g	15mg	1260mg	35g	1g	3g	10g	Yes	Yes	Yes	Yes					Yes
Biscuit with Ham	360	130	15g	8g	0g	45mg	1570mg	37g	1g	5g	19g	Yes	Yes	Yes	Yes					Yes
Biscuit with Sausage	480	290	31g	14g	0g	35mg	1350mg	36g	1g	3g	12g	Yes	Yes	Yes	Yes					Yes
Biscuits 'N Gravy	840	440	48g	26g	0g	25mg	2980mg	84g	2g	8g	15g	Yes	Yes	Yes	Yes					Yes
1 Biscuit & Gravy	420	220	24g	13g	0g	15mg	1490mg	42g	1g	4g	7g	Yes	Yes	Yes	Yes					Yes
Two Eggs Any Style	210	150	18g	4.5g	0g	370mg	200mg	< 1g	0g	0g	13g	Yes		Yes	Yes					
One Egg Any Style	110	80	9g	2.5g	0g	185mg	100mg	0g	0g	0g	6g	Yes		Yes	Yes					
French Toast Sticks with syrup	800	340	39g	7g	0g	0mg	560mg	109g	4g	43g	6g		Yes		Yes					Yes
French Toast 2 full slices no butter or syrup	600	320	36g	8	0	160mg	720mg	56g	< 4g	4	32	Yes	Yes	Yes	Yes					Yes
Three Fluffy Pancakes with butter and syrup	840	160	18g	8g	0g	70mg	1030mg	156g	3g	76g	13g	Yes	Yes	Yes	Yes					Yes
Two Fluffy Pancakes with butter and syrup	730	140	15g	8g	0g	55mg	730mg	140g	2g	71g	9g	Yes	Yes	Yes	Yes					Yes
Pancake Single no butter or syrup	100	20	2g	0g	0g	15mg	300mg	17g	< 1g	4g	4g	Yes	Yes	Yes	Yes					Yes
Hash browns	150	80	9g	2g	0g	0mg	410mg	17g	1g	1g	2g	Yes		Yes	Yes					Yes
Spicy Spuds	330	180	21g	3.5g	0g	0mg	730mg	34g	4g	0g	4g		Yes							Yes
Side Bacon	100	80	8g	3g	0g	25mg	420mg	1g	0g	0g	8g									
Side Ham	80	10	1.5g	0g	0g	45mg	590mg	3g	0g	2g	14g									
Side Sausage Links	300	240	27g	10g	0g	70mg	660mg	< 1g	0g	< 1g	13g									
Side Sausage Patties	400	330	36g	12g	0g	65mg	750mg	4g	0g	0g	14g									
Side Turkey Sausage Patties	160	70	9g	2g	0g	70mg	540mg	2g	0g	0g	16g									
Brkfst Picks Bacon 2 slices	160	120	14g	5g	0g	30mg	640mg	0g	0g	0g	10g									
Brkfst Picks Sausage Links 2 links	180	140	16g	6g	0g	40mg	700mg	0g	0g	0g	3g									
Brkfst Picks Sausage Patty 1 patty	250	210	23g	8g	0g	55mg	480mg	0g	0g	0g	10g									
Brkfst Picks Turkey Sausage 1 patty	80	50	5g	1.5g	0g	30mg	170mg	0g	0g	0g	7g				Yes					Yes

Brkfst Picks Beef Patty 1 patty	140	80	9g	3.5g	0g	50mg	50mg	0g	0g	0g	14g									
Brkfst Picks One Egg (Fried)	130	100	12g	3g	1g	185mg	70mg	0g	0g	0g	6g	Yes			Yes					Yes
Brkfst Picks Cottage Cheese 2 oz.	110	45	5g	3g	0g	25mg	450mg	5g	0g	3g	12g	Yes								
Brkfst Picks Hash browns 1 oz.	150	65	7.5g	1.25g	1g	0mg	300mg	15.5g	1g	1g	1g				Yes					Yes
Brkfst Picks Spicy Spuds 3 oz.	130	50	6g	1g	0g	0mg	350mg	17g	2g	0g	2g		Yes		Yes					Yes
Brkfst Picks One Biscuit (no butter)	295	135	15 g	9 g	0g	5mg	995mg	34g	1g	3g	5g	Yes	Yes	Yes	Yes					Yes
Brkfst Picks Sausage Gravy 1 serving	473	255.0	28.5	4.5g	14.25g	0mg	2362.5mg	47.25g	0g	9.75g	0g	Yes	Yes		Yes					Yes
Brkfst Picks One Pancake no margarine, butter or syrup	100	20	2g	0g	0g	15mg	300mg	17g	< 1g	4g	4g	Yes	Yes	Yes	Yes					Yes
Brkfst Picks One slice French Toast	140	25	3g	0.75g	0g	85mg	290mg	20.5g	0g	7g	6.5g	Yes	Yes	Yes	Yes					Yes
Brkfst Picks One Slice Rye Toast with butter	210	90	9g	4.5g	0g	20mg	95mg	28g	0g	0g	6g	Yes	Yes							Yes
Brkfst Picks One Slice White Toast with butter	270	100	11g	6g	0g	20mg	440mg	37g	1g	3g	6g	Yes	Yes							Yes
Brkfst Picks One Slice Whole Wheat Toast with butter	280	110	12g	6g	0g	20mg	310mg	39g	4g	5g	7g	Yes	Yes							Yes
Brkfst Picks Baked Apples 4 oz.	70		0g	0	0g	0mg	105mg	17g	1g	14g	0g									
Brkfst Picks Seasonal Fruit	varies	varies	varies	varies	varies	varies	varies	varies	varies	varies	varies									
Big Boy's Big Breakfast	1040-1455	varies	varies	varies	varies	varies	varies	varies	varies	varies	varies	Yes	Yes	Yes	Yes					Yes
Egg & Cheese Muffin	310	145	17g	5.5g	1g	195mg	540mg	26g	2g	2g	14g	Yes	Yes	Yes	Yes					Yes
Bacon Egg Cheese Muffin	470	265	31g	10.5g	1g	225mg	1180mg	26g	2g	2g	24g	Yes	Yes	Yes	Yes					Yes
Ham Egg Cheese Muffin	345	155	18g	6g	1g	215mg	840mg	26.5g	2	2g	20g	Yes	Yes	Yes	Yes					Yes
Sausage Egg Cheese Muffin	560	355	40g	13.5g	1g	250mg	1020mg	26g	2	2g	24g	Yes	Yes	Yes	Yes					Yes
Hot Cakes and Bacon	460	180	21g	6g	0g	70mg	1560mg	50g	2	14g	22g	Yes	Yes	Yes	Yes					Yes
Hot Cakes and Ham	370	60	9g	2g	0g	80mg	1520mg	51g	2	14g	24g	Yes	Yes	Yes	Yes					Yes
Hot Cakes and Sausage Patty	550	270	30g	9g	0g	95mg	1400mg	50g	2	14g	22g	Yes	Yes	Yes	Yes					Yes
Hot Cakes and Sausage Links	480	200	23g	7g	0g	80mg	1620mg	50g	2	14g	15g	Yes	Yes	Yes	Yes					Yes
BREAD	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
2 Biscuits no butter	590	270	30g	18g	0g	10mg	1990mg	68g	2g	6g	10g	Yes	Yes	Yes	Yes					Yes
English Muffin with butter	200	80	8g	4.5g	0g	20mg	350mg	24g	< 1g	< 1g	5g	Yes	Yes							Yes
Rye Toast 2 slices (no butter)	210	90	9g	4.5g	0g	20mg	95mg	28g	0g	0g	6g	Yes	Yes							Yes
White Toast 2 slices (no butter)	200	30	4	1	0	0	380	36	< 2	2	6	Yes	Yes							Yes
Whole Wheat Toast 2 slices (no butter)	220	40	5	2	0	0	260	38	4	3	3		Yes							Yes
Garlic Toast	220	90	11g	2.5g	0g	0mg	340mg	28g	1g	2g	5g	Yes	Yes	Yes	Yes					Yes
Texas White Slice	150	25	2.5g	1g	0g	0mg	280mg	26g	1g	2g	5g	Yes	Yes							Yes
White Slice	100	15	2g	0.5g	0g	0mg	190mg	18g	< 1g	1g	3g	Yes	Yes							Yes
Whole Wheat Slice	110	20	2.5g	1g	0g	0mg	130mg	19g	2g	3g	3g		Yes							Yes
White Toast 2 slices (no butter)	200	30	4g	1g	0g	0	380	36g	< 2g	2g	6g	Yes	Yes							Yes
Whole Wheat Toast 2 slices (no butter)	220	40	5g	2g	0g	0	260	38g	4g	3g	3g		Yes							Yes
Rye Toast 2 slices (no butter)	140	20	2g	0g	0g	0	300	26g	2g	0g	4g		Yes		Yes					Yes
Texas Toast Nickles 2 slices (no butter)	180	10	1g	0g	0g	0	420	36g	1g	1g	6g		Yes		Yes					Yes
Texas Toast Nickles 2 slices with butter	250	80	8g	1.5g	0g	0	500	36g	0g	1g	6g		Yes		Yes					Yes
Biscuit (1 each) (no butter)	140	60	6	1.5g	2.5g	0	480	17g	0g	1g	2g	Yes	Yes		Yes					Yes
English Muffin (no butter) - 1 whole	130	10	1	0g	0g	0	270	25g	2g	1g	5g		Yes		Yes					Yes
SAUCES & DRESSINGS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELL FISH	FISH	GLUTEN
Dipping Sauce Blue Cheese Dressing	210	180	20g	6g	0g	35mg	500mg	3g	0g	3g	3g	Yes		Yes	Yes					
Dipping Sauce Buffalo Sauce	100	100	10g	0g	0g	0mg	1680mg	4g	0g	0g	0g	Yes			Yes					
Dipping Sauce Cocktail Sauce	60	0	0g	0g	0g	0mg	590mg	14g	1g	11g	1g				Yes					
Dipping Sauce Italian Meat Sauce	45	15	1.5g	0.5g	0g	5mg	210mg	5g	1g	2g	2g				Yes					
Dipping Sauce Ranch Dressing	210	190	21g	4g	0g	20mg	290mg	2g	0g	1g	1g	Yes		Yes						

Dipping Sauce Tartar Sauce	380	360	40g	6g	0g	10mg	580mg	4g	0g	0g	0g			Yes					
Dressing Blue Cheese 2 oz.	210	180	20g	6g	0g	35mg	500mg	3g	0g	3g	3g	Yes		Yes	Yes				
Dressing Blue Cheese 4 oz.	420	360	39g	13g	0g	65mg	1000mg	6g	0g	5g	6g	Yes		Yes	Yes				
Dressing Italian 2 oz.	30	10	1g	0g	0g	0mg	1140mg	4g	0g	4g	0g								
Dressing Italian 4 oz.	60	20	2g	0g	0g	0mg	2280mg	8g	0g	8g	0g								
Dressing Ranch 2 oz.	210	190	21g	4g	0g	20mg	290mg	2g	0g	1g	1g	Yes		Yes					
Dressing Ranch 4 oz.	410	380	42g	8g	0g	45mg	580mg	5g	0g	3g	2g	Yes		Yes					
Dressing Thousand Island 2 oz.	320	310	34g	6g	0g	45mg	270mg	3g	0g	3g	0g			Yes					
Dressing Thousand Island 4 oz.	640	610	67g	12g	0g	90mg	540mg	6g	0g	5g	< 1g			Yes					
Dressing Sweet French Dressing 2 oz.	280	200	22g	3g	0g	0	140	20	0g	18g	0g				Yes				Yes
Dressing Sweet French Dressing 4 oz.	560	400	44g	6g	0g	0	280	40	0g	36g	0g				Yes				Yes

