



Nutrition Information

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BREAKFAST											
Made from Scratch™ Biscuit	109	370	210	23	5	0	890	35	0	3	5
Cinnamon 'N' Raisin™ Biscuit	81	300	130	15	3	0	680	40	1	17	3
Jelly Biscuit	137	520	310	34	7	0	1020	44	0	10	5
Sausage Biscuit	142	530	340	38	10	30	1240	36	0	4	11
Sausage and Egg Biscuit	185	590	380	42	11	210	1300	36	0	4	16
Country Ham Biscuit	144	440	240	26	6	35	1710	36	0	3	14
Chicken Fillet Biscuit	226	600	310	34	7	55	1680	50	1	3	24
Country Steak Biscuit	180	630	390	43	11	35	1330	45	0	3	16
Breaded Pork Chop Biscuit	205	640	350	39	7	35	1270	46	1	4	25
Pork Chop 'N' Gravy Biscuit	234	680	370	42	8	35	1400	48	1	4	26
Bacon, Egg and Cheese Biscuit	175	530	320	36	11	195	1390	36	0	4	15
Ham, Egg and Cheese Biscuit	220	540	300	33	10	220	1830	36	0	4	23
Loaded Omelet Biscuit	198	610	380	42	14	220	1540	36	0	4	20
Monster Biscuit™	254	770	500	55	18	250	2310	37	0	4	29
Smoked Sausage Biscuit	187	620	420	46	15	40	1680	37	0	5	14
Biscuit 'N' Gravy™	251	530	300	33	8	10	1510	48	1	3	9
Sunrise Croissant™ with Ham	163	400	210	23	10	225	1070	27	1	4	21
Frisco Breakfast Sandwich®	185	400	160	18	7	215	1350	27	2	2	23
Pancakes* (3)	135	300	45	5	1	25	830	55	2	12	8
Low Carb Breakfast Bowl®	208	620	450	50	21	325	1380	6	2	2	36
Loaded Biscuit 'N' Gravy Breakfast Bowl™	326	740	460	52	14	220	1920	49	1	4	20
Loaded Breakfast Burrito	265	760	440	49	21	445	1700	39	1	2	39
Big Country® Breakfast Platter - Bacon*	369	910	430	48	12	385	2210	91	4	12	27
*Served w/ syrup, jam & butter (Not included in nutrition above)											
BREAKFAST SIDES											
Country Potatoes - Small	99	200	80	9	1.5	0	500	27	3	0	4
Country Potatoes - Medium	142	290	110	12	2.5	0	710	39	4	0	6
Country Potatoes - Large	235	480	190	21	4	0	1180	64	6	4	10
Grits	142	110	40	5	1	0	490	16	1	0	2
THICKBURGERS® & SANDWICHES											
1/3 LB** Original Thickburger®	343	770	430	48	16	95	1560	53	4	10	35
1/3 LB** Cheeseburger	240	620	290	33	13	80	1580	51	3	10	35
1/3 LB** Mushroom & Swiss Thickburger®	259	650	320	36	14	90	1620	47	3	5	39
1/3 LB** Bacon Cheese Thickburger®	320	850	520	57	19	105	1650	49	3	7	38
1/3 LB** Low Carb Thickburger®	245	420	280	32	12	115	1010	5	2	3	30
2/3 LB** Double Thickburger®	445	1150	700	78	28	180	2410	53	4	10	62
2/3 LB** Double Bacon Cheese Thickburger®	436	1200	750	84	30	185	2450	50	3	7	65
2/3 LB** Monster Thickburger®	386	1320	860	95	36	210	3020	46	2	6	70
Six Dollar Thickburger®	383	930	530	59	21	130	1960	57	4	15	46
Little Thickburger®	220	570	350	39	12	80	1140	35	3	7	24
Little Thick Cheeseburger	167	450	210	23	9	65	1180	38	3	10	24
Charbroiled Chicken Club Sandwich	306	630	280	32	8	80	1730	54	4	16	32
BBQ Chicken Sandwich	271	400	50	6	1	45	1370	62	5	21	27
Low Carb Charbroiled Chicken Club Sandwich	250	360	200	23	7	75	1290	14	1	8	24
Big Chicken Fillet Sandwich	319	710	350	38	7	55	1610	62	5	6	33
Spicy Chicken Sandwich	153	440	180	21	5	50	1140	41	3	3	11
Regular Roast Beef	128	310	130	15	5	40	840	28	1	3	17
Big Roast Beef™	171	400	190	21	7	60	1180	28	1	3	25
Hot Ham 'N' Cheese™	131	280	100	12	4	35	1090	29	1	4	18
Big Hot Ham 'N' Cheese™	232	460	180	20	8	75	2040	40	2	4	36
Fish Supreme Sandwich	225	630	340	38	7	40	1310	51	3	14	22
Jumbo Chili Dog	145	400	240	26	9	55	1170	25	1	6	16
Double Cheeseburger	208	530	290	32	6	90	1070	34	1	7	27
Small Cheeseburger	139	350	170	19	4	45	730	32	1	6	16
Small Hamburger	126	310	140	15	4	35	500	32	1	6	14
3 Piece Chicken Strips	108	370	230	26	6	30	620	19	2	0	14
5 Piece Chicken Strips	180	610	390	43	9	50	1030	32	3	0	23
Kids Meal - Chicken Strips	149	450	250	27	6	20	950	40	3	0	12
Kids Meal - Cheeseburger	215	560	260	29	6	45	1260	59	3	6	19
Kids Meal - Hamburger	203	520	230	25	6	35	1040	59	3	6	16
**weight before cooking											
SIDES											
Natural-Cut French Fries - Kids	77	200	80	9	2	0	450	28	2	0	2
Natural-Cut French Fries - Small	121	320	130	14	3	0	710	45	3	0	4
Natural-Cut French Fries - Medium	162	430	170	19	4	5	960	60	4	0	5
Natural-Cut French Fries - Large	176	470	190	21	4	5	1640	65	5	0	5
Crispy Curlys™ - Small	109	340	150	17	4	0	840	43	4	0	4
Crispy Curlys™ - Medium	132	410	180	20	5	0	1020	52	4	0	5
Crispy Curlys™ - Large	153	480	210	23	6	0	1190	60	5	0	6
Side Salad (no dressing)	191	120	70	7	5	20	160	7	2	4	7
FRIED CHICKEN & SIDES											
Fried Chicken Breast	148	370	130	15	4	75	1190	29	0	0	29
Fried Chicken Wing	66	200	70	8	2	30	740	23	0	0	10
Fried Chicken Thigh	121	330	130	15	4	60	1000	30	0	0	19
Fried Chicken Leg	69	170	60	7	2	45	570	15	0	0	13
Cole Slaw (small = 1 serving)	113	170	90	10	2	10	140	20	2	16	1
Mashed Potatoes (small = 1 serving)	142	90	15	2	0	0	410	17	0	1	1
DESSERTS											
Chocolate Chip Cookie	68	290	100	11	5	20	280	44	0	26	4
Chocolate Chip Cookie - Fresh Baked	52	250	130	14	5	5	180	30	1	17	2
Chocolate Cake	85	300	108	12	3	37	420	56	2	43	4
Apple Turnover	85	290	140	15	5	5	350	36	1	11	2
Peach Cobbler (small)	180	285	60	7	1	0	230	56	1	45	1
Single Scoop Ice Cream Cone†	126	285	120	13	8	45	140	37	0	26	6
Single Scoop Ice Cream Bowl†	113	235	120	13	8	45	85	27	0	22	5
Hand-Scooped Shake†	397	705	300	33	23	100	260	86	0	68	14
Hand-Scooped Malt†	414	780	320	35	24	105	330	98	0	76	17

†Nutrient amounts may vary slightly by flavor. Items may vary by restaurant.

For additional information visit www.hardees.com.

The information contained in this guide is based on standard U.S. product formulations. Variations may occur due to a variety of factors and circumstances including, but not limited to, differences in suppliers, ingredient substitutions, recipe revisions, product assembly and seasonal variances. Test products are not included. This information is current as of April 6, 2009. The information in this guide is reported for informational purposes only by Hardee's Food Systems, Inc. Neither Hardee's, its franchisees, its suppliers and/or vendors, or its employees assume any responsibility for sensitivity or allergy to any food product or ingredient provided by or in our restaurants. Anyone with any food sensitivity, allergies, special dietary needs, or specific dietary inquiries and/or concerns should consult a medical professional of their own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at www.hardees.com for content updates.