



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. 04192017v1

Item Name	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sug (g)	Prot (g)
BREAKFAST											
Plates											
3 Egg Breakfast w/Sausage & Biscuit Only	520	320	36	20	0	430	1030	28	1	2	20
3 Egg Breakfast w/Sausage & Toast Only	370	220	24	8	0	430	430	16	1	2	20
3 Egg Breakfast w/Bacon & Biscuit Only	480	270	30	18	0	425	1170	29	1	3	23
3 Egg Breakfast w/Bacon & Toast Only	330	170	19	6	0	425	580	16	1	3	22
Sausage Gravy Biscuit Only	370	190	21	15	2	5	1470	41	1	3	5
Side Grits Bowl	210	45	5	1	0	0	520	36	3	0	4
Side Kryspers (5)	240	160	18	4.5	0.5	10	280	21	2	0	2
Coffee	5	0	0	0	0	0	5	0	0	0	0
Sandwiches Only											
2 Sunrisers	420	290	32	12	0	260	730	15	1	1	18
Breakfast Biscuit w/ Bacon	380	210	23	17	0	130	1180	28	1	3	13
Breakfast Biscuit w/ Sausage	420	260	29	19	0	130	1030	27	1	2	11
Breakfast Toast w/ Bacon	300	120	13	5	0	130	730	30	2	4	15
Breakfast Toast w/ Sausage	340	170	19	7	0	130	580	29	2	3	13
Chik Biscuit	380	190	21	16	0	30	1070	36	1	3	12
Scramblers Only											
Low Carb w/ Bacon	300	200	22	9	0	255	890	3	0	2	19
Low Carb w/ Sausage	370	300	33	13	0	260	600	1	0	0	15
Original Scrambler w/ Bacon	300	170	19	8	0	240	820	16	1	1	16
Original Scrambler w/ Sausage	340	220	24	9	0	245	670	15	1	0	14
Sausage Gravy	600	360	40	21	2.5	230	1870	45	1	3	15
Krystals											
Original Krystal (1)	130	50	6	2	0	15	300	15	1	1	6
Double Krystal (1)	190	100	11	4	0	30	420	16	1	1	10
Triple Krystal (1)	240	140	15	6	0	50	530	16	1	2	13
Cheese Krystal (1)	150	70	8	3.5	0	25	430	15	1	1	7
Angus Bacon & Cheese Krystal (1)	450	210	23	9	1	75	1010	40	2	4	23
Bacon & Cheese Krystal (1)	190	90	10	4.5	0	35	570	16	1	2	10
Wings											
2 Krystals & 6 Boneless Wings Buffalo	760	340	38	13	1.5	110	3810	67	4	2	40
2 Krystals & 6 Boneless Wings BBQ	920	350	39	16	1.5	130	3170	100	4	34	42
6 Wings	500	240	26	9	1.5	75	3200	36	2	0	28
Chik & Pups											
Chik	280	140	16	4	0	25	570	23	2	2	12
Pup	160	80	9	4	0	20	450	21	1	1	6

Cal..... Total Calories FatCal....Calories from Fat Fat.....Total Fat Fat-S.....Saturated Fat
 Trans.....Trans Fat Chol....Cholesterol Sod....Sodium Carbs.....Total Carbohydrates
 Fib.....Dietary Fiber Sug....Sugar Prot.....Protein (g).....grams (mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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Chik & Pups											
Corn Pup	250	160	17	8	0	30	510	18	0	5	5
Chili Cheese Pup	290	170	19	11	0	55	730	23	2	1	14
Sides											
French Fries Small	140	80	9	3.5	0	5	140	14	2	0	2
French Fries Medium	240	140	15	6	1	10	240	24	3	0	3
French Fries Large	300	170	19	7	1	15	300	30	3	0	3
Loaded Fries Chili Cheese	670	420	47	23	1.5	100	1580	40	7	2	25
Loaded Fries Junk Yard	800	530	59	26	1.5	110	1920	42	7	3	28
Apple Turnover	290	160	18	8	0.5	10	190	31	1	11	3
Chili Large	460	260	29	11	1	80	2820	25	4	7	23
Vaule Packs											
12 Krystals	1540	630	70	24	0	190	3630	186	14	15	75
24 Krystals	3080	1260	140	48	0	385	7270	372	27	29	151
48 Krystals	6150	2520	280	96	0	770	14530	743	54	58	301
Bone In Wings (12)	1170	810	90	33	3	405	2940	36	6	12	54
Bone In Wings (24)	2340	1620	180	65	6	810	5880	72	12	24	108
Bone In Wings (48)	4680	3240	360	130	12	1625	11760	144	24	48	216
Boneless Wings (12) w/Bufalo Sauce	970	450	49	18	2.5	150	4930	70	4	0	56
Boneless Wings (24) w/Bufalo Sauce	1940	890	99	36	5	305	9860	140	7	0	112
Boneless Wings (48) w/Bufalo Sauce	3880	1780	198	73	11	610	19720	280	15	0	223
Boneless Wings (12) w/BBQ Sauce	1080	420	47	18	2.5	150	4040	103	4	32	56
Boneless Wings (24) w/BBQ Sauce	2160	840	93	36	5	305	8080	206	7	64	112
Boneless Wings (48) w/BBQ Sauce	4320	1670	186	73	11	610	16160	412	15	128	223
SWEET & COLD											
Hand-Spun Shakes											
Chocolate Regular	650	160	18	11	0	60	360	114	3	100	14
Chocolate Large	910	220	24	15	0	80	510	161	4	142	20
Oreo Regular	650	200	22	13	0	60	460	101	0	82	13
Oreo Large	1010	300	33	18	0	80	730	159	0	127	20
Strawberry Regular	560	150	17	11	0	60	320	92	0	80	12
Strawberry Large	770	200	22	15	0	80	450	128	0	112	17
Vanilla Regular	510	150	17	11	0	60	350	80	0	70	12
Vanilla Large	730	200	22	15	0	80	510	117	0	104	18
Frozen Delights											
Caramel Mocha Frost	440	170	19	11	0.5	70	120	63	0	48	7
Kool-Aid® Slushie Green Apple	320	0	0	0	0	0	105	80	0	76	0
Kool-Aid® Slushie Grape	320	0	0	0	0	0	105	80	0	77	0
ICEE® Cherry	210	0	0	0	0	0	25	53	0	53	0
ICEE® Coke	160	0	0	0	0	0	0	32	0	32	0
Soft Serve Cone	260	70	8	5	0	25	180	40	0	31	6
Soft Serve Cup	240	70	8	5	0	25	160	36	0	31	5

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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
A La Carte											
Boneless Wings (6) w/BBQ Sauce	610	210	23	9	1.5	75	2310	69	2	32	28
Boneless Wings (6) w/Buffalo Sauce	500	240	26	9	1.5	75	3200	36	2	0	28
Angus Bacon & Cheese Krystal (1)	450	210	23	9	1	75	1010	40	2	4	23
Bacon & Cheese Krystal (1)	190	90	10	4.5	0	35	570	16	1	2	10
Chik (1)	280	140	16	4	0	25	570	23	2	2	12
Chik w/Cheese (1)	300	160	18	6	0	35	690	23	2	2	13
Chili Cheese Pup (1)	290	170	19	11	0	55	730	23	2	1	14
Corn Pup (1)	250	160	17	8	0	30	510	18	0	5	5
Double Angus Bacon & Cheese Krystal (1)	680	370	42	17	1.5	140	1360	40	2	4	37
Double Krystal (1)	190	100	11	4	0	30	420	16	1	1	10
Double Krystal w/Cheese (1)	240	130	15	7	0	50	670	16	1	1	12
Original Krystal (1)	130	50	6	2	0	15	300	15	1	1	6
Original Krystal w/Cheese (1)	150	70	8	3.5	0	25	430	15	1	1	7
Pup (1)	160	80	9	4	0	20	450	21	1	1	6
Triple Krystal (1)	240	140	15	6	0	50	530	16	1	2	13
Triple Krystal w/Cheese (1)	290	180	19	9	0	70	780	16	1	2	15
Beverages											
Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Iced Tea Sweet Half Gallon	1290	0	0	0	0	0	65	333	0	326	0
Milk 1%	150	30	3.5	2.5	0	20	160	18	0	18	12
OJ	140	0	0	0	0	0	20	34	0	30	3
Soda Coke Small	190	0	0	0	0	0	60	52	0	52	0
Soda Coke Medium	230	0	0	0	0	0	75	65	0	65	0
Soda Coke Large	350	0	0	0	0	0	115	98	0	98	0
Soda Diet Coke Small	0	0	0	0	0	0	55	0	0	0	0
Soda Diet Coke Medium	0	0	0	0	0	0	65	0	0	0	0
Soda Diet Coke Large	0	0	0	0	0	0	100	0	0	0	0
Soda Dr Pepper Small	200	0	0	0	0	--	70	54	0	54	0
Soda Dr Pepper Medium	250	0	0	0	0	--	90	68	0	68	0
Soda Dr Pepper Large	380	0	0	0	0	--	130	101	0	101	0
Soda Sprite Small	210	0	0	0	0	0	50	54	0	47	0
Soda Sprite Medium	260	0	0	0	0	0	60	67	0	59	0
Soda Sprite Large	400	0	0	0	0	0	90	101	0	89	0

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