



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. 01312018v1core

2,000 calories a day is used for general nutrition advice, but calorie needs vary.												
ITEM	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	3	21
	w/Sausage & Toast Only	360	220	24	7	0	430	430	16	1	2	20
	w/Bacon & Biscuit Only	480	270	30	18	0	425	1170	29	1	3	23
	w/Bacon & Toast Only	330	170	19	6	0	425	580	16	1	3	22
Sausage Gravy Biscuit Only		370	190	21	16	0	5	1430	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												
2 Sunrisers®		410	290	32	11	0	255	730	16	1	2	19
Breakfast Biscuit w/ Bacon		380	210	23	17	0	125	1180	28	1	4	13
Breakfast Biscuit w/ Sausage		410	260	29	18	0	130	1030	28	1	3	11
Breakfast Toast w/ Bacon		300	120	13	5	0	125	730	30	2	5	15
Breakfast Toast w/ Sausage		340	170	19	6	0	130	580	30	2	4	13
Chik® Biscuit		380	190	21	16	0	30	1070	36	1	3	12
Scramblers®												
Low Carb w/ Bacon		300	200	23	9	0	250	890	3	0	2	20
Low Carb w/ Sausage		360	300	34	12	0	255	600	2	0	1	16
Original Scrambler® w/ Bacon		300	170	19	7	0	235	820	17	1	2	16
Original Scrambler® w/ Sausage		340	220	24	9	0	235	670	16	1	1	14
Sausage Gravy		600	360	40	22	0	230	1810	45	1	3	15
LUNCH/DINNER												
Krystals												
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	20	430	16	1	1	8
Double Krystal (1)		190	100	11	4	0	30	420	16	1	1	10
Double Krystal w/Cheese (1)		240	130	15	7	0	45	670	16	1	2	12
Triple Krystal (1)		240	140	15	6	0	50	530	16	1	2	13
Triple Krystal w/Cheese (1)		290	180	20	9	0	60	780	17	1	2	15
Bacon & Cheese Krystal (1)		190	90	10	4.5	0	30	570	16	1	2	10
Angus Bacon & Cheese Krystal (1)		450	210	23	9	1	70	1010	40	2	4	24
Double Angus Bacon & Cheese Krystal (1)		680	380	42	16	1.5	130	1360	41	2	4	38
Chiks® & Pups												
Chik® (1)		280	150	16	4	0	30	570	23	2	2	12
Chik® w/Cheese (1)		310	170	18	6	0	35	700	23	2	2	14
Pup (1)		160	80	9	4	0	20	450	21	1	1	6
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
Nuggets												
Chik® Nuggets	4 nuggets	240	170	19	6	0	30	400	8	1	0	10
	10 nuggets	600	420	47	14	1	75	990	20	1.5	0	26
	20 nuggets	1210	840	93	28	2	155	1980	39	3	0	51
	40 nuggets	2420	1670	186	56	4.5	305	3960	78	6	0	102
Dipping Sauce	Honey Mustard (1)	130	110	12	2	0	10	200	4	0	4	0
	Ranch (1)	130	120	13	2	0	10	180	1	0	1	0
	Sweet & Sour (1)	50	0	0	0	0	0	160	13	0	10	0
	Sweet Baby Rays BBQ (1)	70	0	0	0	0	0	280	18	0	16	0

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Sides												
French Fries	Small	140	80	9	3.5	0	5	140	14	2	0	2
	Medium	240	140	15	6	1	10	240	24	3	0	3
	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
	Junkyard	800	530	59	26	1.5	110	1910	42	7	3	28
Chili	Large	460	260	29	11	1	80	2820	25	4	7	23
Value Packs												
Krystals	12	1540	630	70	24	0	190	3630	186	14	15	75
	24	3080	1260	140	48	0	385	7270	372	27	29	151
	48	6150	2520	280	96	0	770	14530	743	54	58	301
Wings	12	1170	810	90	33	3	405	2940	36	6	12	54
	24	2340	1620	180	65	6	810	5880	72	12	24	108
	48	4680	3240	360	130	12	1625	11760	144	24	48	216
SWEET & COLD												
Hand-Spun Shakes												
Chocolate	Regular	650	160	18	11	0	60	360	114	3	100	14
	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
	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
	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
	Large	730	200	22	15	0	80	510	117	0	104	18
Frozen Delights												
Kool-Aid® Slushies	Green Apple	320	0	0	0	0	0	105	80	0	76	0
	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
	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
	Cup	240	70	8	5	0	25	160	36	0	31	5
Sundae	Chocolate	310	70	8	5	0	25	170	57	1	50	6
	Oreo®	350	110	13	7	0	25	260	54	0	40	6
	Strawberry	310	70	7	5	0	25	150	58	0	51	5
Desserts												
Apple Turnover		290	160	18	8	0.5	10	190	31	1	11	3
Cookies (2)		240	90	10	6	0	15	190	36	0	23	3
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
Orange Juice		140	0	0	0	0	0	20	34	0	30	3
Soft Drinks												
Coke	Small	190	0	0	0	0	0	60	52	0	52	0
	Medium	230	0	0	0	0	0	75	65	0	65	0
	Large	350	0	0	0	0	0	115	98	0	98	0
Diet Coke	Small	0	0	0	0	0	0	55	0	0	0	0
	Medium	0	0	0	0	0	0	65	0	0	0	0
	Large	0	0	0	0	0	0	100	0	0	0	0
Dr Pepper	Small	200	0	0	0	0	0	80	53	0	51	0
	Medium	250	0	0	0	0	0	100	66	0	64	0
	Large	380	0	0	0	0	0	150	99	0	96	0
Sprite	Small	210	0	0	0	0	0	50	54	0	47	0
	Medium	260	0	0	0	0	0	60	67	0	59	0
	Large	400	0	0	0	0	0	90	101	0	89	0

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