



NUTRITION INFORMATION

2,000 Calories is used for general nutrition advice, but calorie needs may vary.

	‡ Allergens	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	*Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MADE FROM SCRATCH BISCUITS™ & OTHER FAVORITES													
Sausage & Egg Biscuit	E,M,S,W,G	191	700	450	50	18	0	225	1400	44	2	4	19
Sausage Biscuit	M,S,W,G	154	630	410	45	17	0	30	1320	42	2	4	13
Beyond Sausage® Biscuit	M,S,W,G,G	142	480	230	26	13	0	5	1140	44	3	4	16
Beyond Sausage® & Egg Biscuit	E,M,S,W,G	197	600	310	35	17	0	240	1440	47	3	4	25
Bacon Egg & Cheese Biscuit	E,M,S,W,G	178	620	360	40	6	0	225	1520	44	2	4	20
Biscuit 'N' Gravy™	M,S,W,G	255	600	350	38	14	2.5	10	1580	54	2	5	10
Monster Biscuit	E,M,S,W,G	265	890	570	63	25	0.5	280	2480	45	2	6	35
Loaded Omelet Biscuit	E,M,S,W,G	186	630	370	41	16	0	230	1480	46	2	4	19
Southwest Omelet Biscuit	E,M,S,W,G	204	660	410	45	18	0	210	1770	42	2	4	20
Chicken Fillet Biscuit	E,M,S,W,G	201	660	380	43	13	0	40	1440	50	2	4	19
Smoked Sausage Egg & Cheese Biscuit	E,M,S,W,G	226	700	430	48	22	0	250	1920	45	2	6	23
Pork Chop 'N' Gravy Biscuit	M,S,W,G	170	550	310	34	12	0.5	20	1230	48	2	4	13
Country Fried Steak Biscuit	M,S,W,G	170	650	390	44	15	0.5	25	1350	49	2	4	14
Country Ham Biscuit	M,S,W,G	149	510	290	32	12	0	35	1780	42	2	4	16
Ham Sunrise Croissant®	E,M,S,W,G	143	390	210	23	9	1	225	860	29	0	4	18
Bacon Sunrise Croissant®	E,M,S,W,G	124	420	240	26	10	0.5	230	770	29	0	4	18
Sausage Sunrise Croissant®	E,M,S,W,G	150	550	360	40	15	0.5	240	870	30	0	4	18
Loaded Breakfast Burrito	E,M,S,W,G	212	580	270	30	12	1	445	1320	46	3	2	30
Beyond Sausage® Burrito	E,M,S,W,G	264	730	370	41	16	0	475	1170	51	-	1	36
Southwest Omelet Burrito	M,S,W,G	249	690	370	41	16	1.5	505	1920	44	3	2	35
Frisco Breakfast Sandwich®	E,M,S,W,G	189	430	170	19	8	0.5	235	1280	42	2	5	24
BREAKFAST PLATTERS & BOWLS													
Hardee™ Breakfast Platter® with Bacon	E,M,S,W,G	409	1050	610	68	21	2	430	2420	76	12	5	31
Hardee Breakfast Platter® with Sausage	E,M,S,W,G	431	1150	710	79	26	2	435	2420	76	12	5	30
Hardee Breakfast Platter® with Country Ham	E,M,S,W,G	449	990	550	61	19	3	425	2600	75	4	6	32
Hardee Breakfast Platter® with Country Steak	E,M,S,W,G	402	970	540	60	20	-	215	1950	62	4	6	24
Hardee Breakfast Platter® with Chicken Fillet	E,M,S,W,G	433	980	530	58	19	-	230	2030	63	4	6	29
Hardee Breakfast Platter® with Pork Chop	E,M,S,W,G	430	990	520	56	18	2.5	240	2020	66	2	5	33
Hardee Breakfast Platter® with Smoked Sausage	E,M,S,W,G	423	1000	594	26	26	2.5	230	2340	56	2	7	25
Loaded Hash Round Bowl	E,M,S,W,G	186	510	330	36	10	1	220	1060	30	3	1	16
Low Carb Breakfast Bowl®	E,M,S	239	760	610	68	21	0.5	540	1490	0	0	1	33
BREAKFAST SWEETS & SIDES													
Cinnamon 'N' Raisin™ Biscuit	M,S,W,G	93	320	130	14	7	0	0	630	46	1	23	3
Hash Rounds® Small	W	78	240	130	14	3	0	0	300	21	2	2	2
Hash Rounds® Medium	W	120	370	200	22	4.5	0	0	460	33	4	1	3
Hash Rounds® Large	W	157	490	260	29	6	0.5	0	610	43	5	2	4
Made from Scratch Biscuit™	M,S,W,G,G	113	440	250	28	11	0	0	950	41	2	4	6
Side of Gravy	M,W,G	142	160	99	11	3.5	2.5	10	630	13	0	1	3
Grits	-	142	100	25	3	0	0	0	320	17	0	0	2
\$2, 3, MORE													
2 Cinnamon 'N' Raisin™ Biscuits	M,S,W,G	186	640	260	28	14	0	0	1260	92	2	46	6
Sausage Biscuit	M,S,W,G	154	630	410	45	17	0	30	1320	42	2	4	13
Hardee Breakfast Platter® with Sausage	E,M,S,W,G	431	1150	710	79	26	2	435	2420	76	12	5	30
CHARBROILED BURGERS													
Original Thickburger®	E,M,S,W,G	310	820	460	51	16	2.5	125	1440	56	4	14	39
Original Beyond Thickburger®	E,M,S,W,G	326	780	410	46	13	0.5	25	1450	61	5	13	33
Double Original Beyond Thickburger®	E,M,S,W,G	447	1110	630	70	22	1	45	2140	66	7	14	56
Mushroom & Swiss Thickburger®	E,M,S,W,G	220	620	290	33	13	1.5	90	1310	52	3	10	31
Bacon Cheese Thickburger®	E,M,S,W,G	289	790	440	49	15	1.5	110	1400	54	3	11	38
Frisco Thickburger®	E,M,S,W,G	259	760	450	50	17	2	120	1550	43	3	7	38
Monster Double Thickburger®	E,M,S,W,G	404	1400	870	97	35	4.5	295	2780	53	4	13	86
Famous Star® with Cheese	E,M,S,W,G	259	660	333	37	13	1	75	1270	55	0	12	28
Super Star® with Cheese	E,M,S,W,G	380	920	510	56	23	2	140	1530	59	3	13	48
Western Bacon Cheeseburger®	M,S,W,G	258	810	342	38	14	1	85	1750	80	0	16	38
Double Western Bacon Cheeseburger®	M,S,W,G	341	1060	513	57	24	2	150	2080	81	0	17	58
The Big Hardee®	M,S,W,G	298	920	522	58	23	2	145	1380	55	0	12	47
Big Cheeseburger	M,S,W,G	226	540	107	23	11	1	65	1240	56	0	13	28
Double Cheeseburger	M,S,W,G	228	530	230	26	11	1	75	1470	56	2	11	25
Small Hamburger	S,W,G	115	250	90	9	3.5	0	25	570	32	1	7	11
Small Cheeseburger	M,S,W,G	128	300	120	14	4	-	35	790	33	1	8	13
Single Slider	M,S,W,G	91	210	100	11	4	0	30	360	21	1	7	10
Double Slider	M,S,W,G	143	360	220	24	10	1	70	700	22	1	8	19
CHICKEN & MORE													
3 Piece - Hand-Breaded Chicken Tenders™	E,M,S,W	128	260	110	13	2.5	0	70	770	13	2	0	25
5 Piece - Hand-Breaded Chicken Tenders™	E,M,S,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
10 Piece - Hand-Breaded Chicken Tenders™ Box	E,M,S,W	426	880	380	42	9	0	230	2580	42	6	0	82
15 Piece - Hand-Breaded Chicken Tenders™ Box	E,M,S,W	639	1320	570	63	13.5	0	345	3870	63	9	0	123
20 Piece - Hand-Breaded Chicken Tenders™ Box	E,M,S,W	852	1760	760	84	18	0	460	5160	84	12	0	164
Big Chicken Fillet Sandwich	E,M,S,W,G	235	590	261	29	6	0	50	1060	61	7	9	21
Charbroiled Chicken Club Sandwich	E,M,S,W,G	267	650	260	29	7	0	155	1870	53	0	5	43
Big Hot Ham 'N' Cheese™	E,M,S,W,G	238	530	190	20	8	0	75	2190	51	2	10	34
Jumbo Chili Dog	S,W,G	145	390	230	26	9	0	50	1300	23	1	5	15
Big Roast Beef	E,M,S,W,G	213	500	190	22	7	1.5	65	1350	49	3	9	30
Monster Roast Beef	E,M,S,W,G	309	870	300	33	13	0.5	135	3150	52	2	10	54
SIDES													
Natural-Cut French Fries- Kids	-	83	240	100	12	2	0	0	480	31	3	0	3
Natural-Cut French Fries- Small	-	104	300	130	15	3	0	0	600	39	4	0	3
Natural-Cut French Fries- Medium	-	147	420	190	21	3.5	0	0	850	55	5	0	5
Natural-Cut French Fries- Large	-	158	460	200	22	4	0	0	920	59	6	0	5
Onion Rings	M,W,G	137	670	315	35	6	0	0	750	77	0	7	10
Crispy Curlys® - Small	W	99	310	140	15	3.5	0	0	770	39	3	0	4
Crispy Curlys® - Medium	W	135	420	190	21	5	1	0	1050	53	4	0	5
Crispy Curlys® - Large	W	148	460	200	23	6	1	0	1150	58	5	0	6
Side Salad	M	190	120	70	7	4.5	0	20	140	7	2	1	7

DESSERTS

Hand-Scoped Ice-Cream Shakes™ - Vanilla Shake	M,+	397	700	320	35	24	1.5	105	240	86	0	65	12
Hand-Scoped Ice-Cream Shakes™ - Chocolate Shake	M,+	397	690	320	36	24	1.5	105	300	84	1	59	12
Hand-Scoped Ice-Cream Shakes™ - Strawberry Shake	M,+	397	690	320	35	24	1.5	105	250	83	0	64	12
Chocolate Chip Cookie	E,M,S,W,G	42	200	90	10	5	0	10	180	26	0	15	2
Apple Turnover	M,S,W,G	85	270	120	13	3.5	0	5	260	35	1	11	3

StarPals® KIDS MEALS

Hamburger Kid's Meal ***	W,G	195	480	162	18	8	0.5	50	930	54	0	12	24
Cheeseburger Kid's Meal ***	M,S,W,G	211	530	198	22	11	1	65	1200	55	0	13	27
2-piece Chicken Tender™ Kid's Meal **	E,M,W,G	85	180	81	9	2	0	45	520	9	1	0	16
Hot Dog Kids Meal ***	S,W	218	650	340	38	11	0	45	1670	60	4	5	16

***does not include drink

ALL STAR MEALS

2 Hot Ham 'N' Cheese All Star Meal	E,M,S,W,G	382	1010	390	44	15	0	85	2930	114	5	26	39
3 Piece Chicken Tenders™ All Star Meal	E,M,W,G	253	700	310	35	10	0	80	1440	70	5	15	29
Double Cheeseburger & Spicy Chicken Sandwich	E,M,S,W,G	447	1280	640	71	17	1.5	100	2710	131	7	26	36
Double Cheeseburger & Jumbo Hot Dog	E,M,S,W,G	405	1160	570	64	20	1	115	2510	111	5	28	36

RED BURRITO®

Beef Grilled Burrito	M,W,G	487	850	310	35	15	0.5	95	1720	90	8	7	41
Chicken Grilled Burrito	M,S,W,G	352	630	200	23	11	-	80	1650	70	7	4	36
Bean, Rice & Cheese Burrito	M,W,G	296	540	190	21	11	1.5	40	1360	67	7	4	21
Hard Shell Beef Taco	M,S,W,G	95	170	110	12	5	0	30	320	13	2	1	11
Hard Shell Chicken Taco	M,S,W,G	81	210	90	9	4	0	45	320	14	1	0	16
Chicken Soft Taco	M,S,W,G	124	200	80	8	4	0.5	45	650	17	0	0	16
Beef Soft Taco	M,S,W,G	108	210	100	11	5	1	30	560	17	1	0	11
Chicken Bowl	M,S	332	430	100	11	3	0	60	1370	55	5	4	27
Beef Bowl	M,S	363	500	170	19	8	65	65	1500	55	6	5	27
Beef Super Nachos	M,S,W,G	274	560	260	29	8	3	35	1390	57	9	5	17
Chicken Super Nachos	M,S,W,G	293	570	240	27	8	3	55	1490	57	9	4	25
Cheese Quesadilla	M,S,W,G	157	550	290	32	18	1.5	80	1110	40	2	1	25
Chicken Quesadilla	M,S,W,G	214	640	310	34	19	1.5	120	1410	43	2	1	39
Beef Taco Salad	M,S,W,G	506	920	500	56	17	5	70	1920	72	8	5	35
Chicken Taco Salad	M,S,W,G	548	940	440	49	14	4	110	2060	73	7	4	49
Rice	-	143	200	20	2.5	0	0	0	660	40	1	1	4
Beans	-	117	140	10	1.5	0	0	0	590	24	8	1	8
Chips & Salsa	-	95	310	150	17	3.5	0	0	380	37	5	2	4
Sour Cream	M	40	50	30	3.5	2	0	15	40	3	0	3	2

FRESH FRIED CHICKEN | REGIONAL

8 pc. & 4 Biscuits	E,M,S,W,G	1293	4080	2205	245	74	6	645	7820	280	7	15	189
8 pc. & 4 Biscuits	E,M,S,W,G	1425	4330	2187	243	74	6	610	7550	323	7	15	216
10 pc. & 5 Biscuits	E,M,S,W,G	1583	5030	2763	307	92	8	820	9840	339	8	19	230
10 pc. & 5 Biscuits	E,M,S,W,G	1781	5410	2727	303	92	7	760	9430	404	8	19	270
12 pc. & 6 Biscuits	E,M,S,W,G	1939	6110	3312	368	111	10	970	11730	420	10	22	284
12 pc. & 6 Biscuits	E,M,S,W,G	2137	6490	3276	364	110	8	910	11320	485	10	22	323
2 pc. Snack	E,M,S,W,G	290	960	558	62	19	2	170	2020	59	2	4	41
2 pc. Snack	E,M,S,W,G	356	1080	549	61	18	1.5	150	1890	81	2	4	54
3 pc. Snack	E,M,S,W,G	467	1400	783	87	24	3	290	2900	76	2	4	78
3 pc. Snack	E,M,S,W,G	533	1530	774	86	24	2.5	270	2760	98	2	4	91
Mashed Potatoes	M,S	164	90	10	1	0	0	0	480	17	1	2	2
Green Beans- Large	S	198	60	25	2.5	1	0	5	1130	7	3	2	3
Green Beans- Small	S	133	40	15	1.5	0.5	0	5	760	5	2	1	2
Cole Slaw	E	113	270	200	22	5	-	15	310	17	2	14	1

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

‡ All food items are prepared in the same kitchen. Cross-contact may occur. ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Treenuts, W=Wheat, G=Gluten, +=Note: Ice cream and other products used in our shakes and malts may be processed in facilities where peanuts or tree nuts are present. § The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.

The information contained in this guide is based on standard U.S. product formulations and discloses the 8 principal allergens identified by the FDA, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. For complete ingredient information, refer to the "Ingredients" pdf on our website. 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. Product participation may vary by location and test products are not included. The information in this guide is reported for informational purposes only. We (including our franchisees, and our and their parents, subsidiaries, affiliates, suppliers and vendors) are not responsible for sensitivity or allergy to any food product or ingredient provided by or in our restaurants. We do not have an allergen free cooking environment in our kitchens. All products are prepared in the same kitchen area. Anyone with any food sensitivities, allergies, special dietary needs or specific dietary inquiries or concerns should consult a medical professional of his/her own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at our website for content updates. This information is current as of May 20, 2020. We update this information from time to time to reflect changes in our products. If you have any questions about our menu and/or ingredients, please contact us at: <https://contactus.ckefeedback.com/USA>