



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™	85	260	120	13	3	0	750	37	1	1	5
Cinnamon 'N' Raisin™ Biscuit	81	300	130	15	3	0	680	40	1	17	3
Jelly Biscuit	113	390	220	24	5	0	860	46	1	8	5
Sausage Biscuit	118	410	250	27	8	30	1100	38	1	2	11
Sausage & Egg Biscuit	161	470	280	32	9	210	1160	38	1	2	16
Country Ham Biscuit	120	300	160	18	5	35	1590	38	1	1	15
Chicken Fillet Biscuit	184	500	240	26	5	45	1420	50	2	1	24
Country Fried Steak Biscuit	142	470	260	29	8	25	1150	46	2	2	13
Bacon, Egg & Cheese Biscuit	148	400	220	25	8	195	1190	38	1	1	15
Ham, Egg & Cheese Biscuit	174	400	200	22	7	205	1400	38	1	1	19
Loaded Omelet Biscuit	171	490	280	31	11	215	1410	38	1	2	20
Monster Biscuit®	228	640	390	44	16	255	2130	40	1	2	30
Smoked Sausage Biscuit	163	510	320	36	13	40	1540	39	1	3	14
Biscuit 'N' Gravy™	227	410	210	23	6	10	1370	50	2	2	9
Sunrise Croissant® with Ham	163	430	240	27	11	225	1090	27	1	4	21
Frisco Breakfast Sandwich®	190	430	170	19	7	220	1510	41	2	4	23
Pancakes* (3)	135	300	45	5	1	25	830	55	2	12	8
Low Carb Breakfast Bowl®	237	650	480	54	20	630	1620	2	1	1	39
Loaded Breakfast Burrito	265	770	440	49	21	445	1790	39	2	2	39
Big Country® Breakfast Platter - Bacon*	330	810	360	40	10	385	1620	74	5	9	26
*Served w/ syrup, jam & butter (Not included in nutrition above)											
BREAKFAST SIDES											
Hash Rounds® - Small	83	250	140	16	3.5	0	360	25	2	1	3
Hash Rounds® - Medium	120	390	230	26	4.5	0	490	36	4	0	3
Hash Rounds® - Large	163	530	310	35	6	0	670	49	5	0	5
Grits	142	110	40	5	1	0	490	16	1	0	2
THICKBURGERS® & SANDWICHES											
1/3 LB** Original Thickburger®	355	860	520	58	17	105	1630	52	4	10	35
1/3 LB** Cheeseburger Thickburger®	240	620	290	33	13	80	1590	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®	317	840	500	56	18	105	1560	49	3	6	38
1/3 LB** Frisco Thickburger®	311	930	570	64	20	125	2010	44	2	5	42
1/3 LB** Low Carb Thickburger®	274	470	320	36	13	90	1050	9	4	6	28
2/3 LB** Double Thickburger®	449	1150	700	78	28	180	2380	53	4	10	62
2/3 LB** Monster Thickburger®	379	1290	830	92	35	210	2840	47	3	5	70
The Six Dollar Thickburger®	379	930	570	63	23	125	1810	59	4	17	34
Original Turkey Burger	254	460	150	17	4	75	930	47	4	12	31
Little Thickburgers®	223	570	350	39	12	80	1120	34	3	7	24
Little Thick Cheeseburger	164	470	210	23	9	65	1090	34	3	8	24
Charbroiled Chicken Club™ Sandwich	333	610	270	30	8	80	1640	55	4	16	33
Charbroiled BBQ Chicken Sandwich	236	380	50	6	1	45	1220	58	4	20	26
Low Carb Charbroiled Chicken Club™ Sandwich	249	340	190	21	6	75	1200	14	1	7	25
Hand Breaded Chicken Fillet™ Sandwich	313	680	330	37	7	95	1520	55	4	7	35
Spicy Chicken Sandwich	153	440	180	21	5	50	1140	41	3	3	11
Regular Roast Beef Sandwich	128	300	130	14	5	40	850	28	2	4	19
Big Roast Beef™	202	450	180	20	7	65	1330	44	4	5	29
Hot Ham 'N' Cheese™	131	280	100	12	4	45	1140	29	1	4	19
Big Hot Ham 'N' Cheese™	236	450	160	18	7	90	2140	46	3	4	35
Fish Supreme Sandwich	239	630	340	38	7	40	1310	52	3	14	22
Jumbo Chili Dog	145	380	230	25	8	50	1130	24	1	6	25
Double Cheeseburger	199	480	260	29	6	80	820	34	1	7	25
Small Cheeseburger	142	350	170	19	4	35	710	32	1	6	16
Small Hamburger	129	310	140	15	4	35	480	31	1	6	14
3 Piece Hand Breaded Chicken Tenders™	128	260	110	13	2.5	70	770	13	2	0	25
5 Piece Hand Breaded Chicken Tenders™	213	440	190	21	4.5	115	1290	21	3	0	41
Kids Meal - Chicken Tenders	162	380	170	18	4	45	1050	36	3	0	19
Kids Meal - Cheeseburger	218	560	260	29	6	45	1240	59	3	6	19
Kids Meal - Hamburger	206	510	230	25	6	35	1020	58	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 Curis™ - Small	109	340	150	17	4	0	840	43	4	0	4
Crispy Curis™ - Medium	132	410	180	20	5	0	1020	52	4	0	5
Crispy Curis™ - Large	153	480	210	23	6	0	1190	60	5	0	6
Beer Battered Onion Rings	122	410	220	24	4.5	0	470	45	3	5	3
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	57	290	130	15	8	0	170	35	1	17	2
Apple Turnover (without Cinnamon Sugar Topping)	85	270	120	13	3.5	5	260	35	1	11	3
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-Scopped Ice Cream Shake††	397	705	300	33	23	100	260	86	0	68	14
Hand-Scopped Ice Cream 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 September 20, 2011. 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.