



NUTRITIONAL INFORMATION

SPECIALTIES											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Biscuit Crumble	—	890	58	31	0	135	2190	74	4	10	18
Fried Oyster Scramble	—	1660	143	52	3.5	675	3310	47	4	9	45
Huevos Rancheros	—	1120	83	23	0	485	2450	61	13	7	36
Old School Wrap	—	1450	112	54	0	910	2030	68	4	9	44
Shrimp and Grits	—	1180	84	44	0	540	2770	45	4	15	45
EGGS & SUCH											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Plate	—	1260	53	40	0	535	2790	64	3	7	40
Jack Benny	—	1060	84	46	0	745	2680	34	4	1	41
Redneck Benny	—	940	57	29	0	590	3220	58	2	8	46
Steak and Eggs	—	1230	71	37	0	580	5090	82	3	19	61
SKILLET											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Big Bad Skillet	—	1080	88	44	1	665	3030	17	1	4	43
Low Country Skillet	—	920	60	33	0	965	3460	19	3	5	58
Yard Work Skillet	—	520	39	20	0	410	2210	19	5	5	24
OMELETS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BLT Omelet	—	890	83	35	0	760	850	7	2	3	27
Creole Omelet	—	950	67	38	0	910	1370	14	2	5	56
Ham and Cheese Omelet	—	670	55	28	0	775	960	2	0	0	39
Veggie Omelet	—	600	51	27	0	745	370	6	2	3	29
BISCUITS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Biscuit and Gravy	—	430	23	14	0	60	1310	48	2	4	8
Biscuit Sandwich	—	1020	49	34	0	515	2250	49	2	4	36
Cathead Chicken Biscuit	—	1610	101	45	4	200	17860	133	5	24	45
Dirty Bird	—	1140	37	35	0	130	2360	77	2	30	28
Mother of all Biscuits	—	1210	79	32	3.5	135	12360	93	4	15	33
PANCAKE & WAFFLES											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Belgian Waffle	—	680	33	11	0	75	260	94	2	68	6
Chicken and Waffle	—	1750	88	21	6	105	24130	208	6	102	33
Flapjacks	—	930	37	18	0	95	650	147	1	109	9
French Toast	—	1180	81	25	8	70	970	95	2	72	11
Plain Waffle	—	630	35	10	0	45	340	78	0	55	5
SANDWICHES											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Big Bad Burger	—	760	51	14	2	150	3060	33	7	8	43
BLT Sandwich	—	1160	22	24	0	60	2050	56	9	7	26
Ham Poboy	—	620	36	14	0.5	120	2160	33	3	4	40
Oyster and Shrimp Poboy	—	1160	77	16	5	235	1770	76	5	13	41
Oyster Poboy	—	1240	81	17	5	225	1870	84	5	13	45
Screammin Demon	—	960	65	17	4	60	11850	66	4	18	27
Shrimp Poboy	—	1080	74	15	5	240	1670	69	5	13	37
Turkey and Swiss Sandwich	—	880	50	13	0	120	1500	59	14	7	50
LEAN PLATES											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado Toast	—	920	56	13	0	415	2010	79	15	13	29
Granola and Yogurt	—	860	38	10	0	35	50	118	11	71	21
Steel Cut Oatmeal	—	270	2	0	0	0	110	58	5	32	5
SALADS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chef Salad	—	570	37	15	0	290	1470	21	4	5	42
Iceberg Salad	—	430	39	10	0	35	920	15	4	9	7
Roasted Chicken Caesar	—	850	64	16	0	330	2740	34	6	5	36



ALLERGEN INFORMATION

SPECIALTIES									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Biscuit Crumble			x		x			x	x
Fried Oyster Scramble	x	x	x		x	x		x	x
Huevos Rancheros	x		x		x			x	
Old School Wrap	x		x					x	
Shrimp and Grits	x		x		x	x		x	x
EGGS & SUCH									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Breakfast Plate	x		x		x			x	
Jack Benny	x		x		x				
Redneck Benny	x		x					x	
Steak and Eggs	x	x	x		x			x	
SKILLETS									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Big Bad Skillet	x		x						x
Low Country Skillet	x		x			x			
Yard Work Skillet	x		x						
OMELETS									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
BLT Omelet	x		x					x	x
Creole Omelet	x		x			x		x	
Ham and Cheese Omelet	x		x						
Veggie Omelet	x		x						
BISCUITS									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Biscuit and Gravy			x					x	
Biscuit Sandwich	x		x					x	
Cathead Chicken Biscuit			x					x	
Dirty Bird			x					x	
Mother of all Biscuits			x					x	
PANCAKE & WAFFLES									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Belgian Waffle	x		x		x			x	
Chicken and Waffle	x		x		x			x	
Flapjacks	x		x					x	
French Toast	x		x		x			x	
Plain Waffle	x		x		x			x	

SANDWICHES

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Big Bad Burger			x		x			x	
BLT Sandwich	x				x			x	
Ham Poboy			x		x			x	
Oyster and Shrimp Poboy	x	x	x		x	x		x	
Oyster Poboy	x	x	x		x	x		x	
Screamn Demon		x	x		x			x	x
Shrimp Poboy	x	x	x		x	x		x	
Turkey and Swiss Sandwich			x					x	

LEAN PLATES

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Avocado Toast	x		x					x	
Granola and Yogurt			x				x	x	
Steel Cut Oatmeal								x	

SALADS

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Chef Salad	x		x		x			x	
Iceberg Salad			x						x
Roasted Chicken Caesar	x	x	x		x			x	

MEATS

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Andouille Sausage									
BBB Mild Bacon									
BBB Spicy Bacon									
Chicken & Pork Sausage									
Country Ham									
Impossible Veggie Sausage					x		x		
Patty Sausage									
Roasted Turkey									
Smoked Ham									
Smoked Sausage									

SIDES

[illegible]

