



Nutrition Information

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
TWO-MEAT CLASSIC COMBO*											
Choice of Meat:											
Ham Steak (half)	110	60	6	2	0	45	940	0	0	0	14
Corned Beef Hash (half)	200	120	13	6	1	30	730	12	1	<1	10
Homemade Corned Beef Hash (half)	140	45	5	2	1	30	1490	9	1	3	14
Sausage Patty (2)	360	230	26	9	0	100	1040	2	0	0	26
Sausage Link (3)	180	120	13	4.5	0	60	620	0	0	0	15
Turkey Sausage (2)	140	100	12	2.5	0	55	440	<1	0	1	14
Bacon (2)	130	100	11	4	0	30	530	0	0	0	9
Breaded Pork Chop (1)	240	150	17	3.5	0	50	300	5	0	0	18
Choice of Eggs:											
Two Eggs Cracked to Order	180	120	14	4.5	0	420	140	0	0	0	12
Egg Whites	80	30	3.5	0.5	0	0	15	2	0	0	11
Egg Substitute	80	30	3.5	0.5	0	0	200	0	0	0	11

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
TRADITIONAL BREAKFAST*											
Choice of Meat:											
Ham Steak	220	110	13	3.5	0	90	1880	0	0	0	27
Country Fried Steak w/Gravy**	1000	640	71	23	0	115	2260	60	1	0	29
Country Fried Steak w/Gravy***	1030	560	62	21	0	115	2690	88	2	0	33
Corned Beef Hash	400	230	26	12	2	65	1450	25	3	2	19
Homemade Corned Beef Hash	280	90	10	3.5	2	60	2950	17	2	5	27
Sausage Patties (2)	360	230	26	9	0	100	1040	2	0	0	26
Sausage Links (3)	180	120	13	4.5	0	60	620	0	0	0	15
Turkey Sausage (2)	140	100	12	2.5	0	55	440	<1	0	<1	14
Bacon (3)	190	140	16	6	0	45	800	0	0	0	13
Breaded Pork Chops (2)	480	300	33	7	0	100	600	10	0	0	36
Ground Sirloin	720	550	61	1.5	0	150	790	4	0	0	38
Choice of Eggs:											
Two Eggs Cracked to Order	180	120	14	4.5	0	420	140	0	0	0	12
Egg Whites	80	30	3.5	0.5	0	0	15	2	0	0	11
Egg Substitute	80	30	3.5	0.5	0	0	200	0	0	0	11

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
BREAKFAST SPECIALTIES*											
Jimmy's Garbage Breakfast	760	490	54	16	0	480	850	40	6	7	28
Biscuit Debris	900	470	52	20	8	100	3570	72	2	7	32
Country Benedict	900	530	59	21	4	540	2640	42	1	2	47
Eggs Benedict	760	490	54	14	11	455	1440	40	1	9	29

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BREAKFAST SPECIALTIES* Continued											
Irish Benedict	820	510	57	15	12	455	2010	45	2	8	33
Smoked Turkey Benedict	750	480	53	13	11	455	1290	39	2	6	31
Chicken & Waffles & Eggs**	1040	450	50	11	0	525	2210	97	4	14	52
Chicken & Waffles & Eggs***	860	430	48	14	0	505	1970	64	6	13	46
Queso Blanco Burrito	950	520	58	23	0	705	2250	65	3	6	35
Angry Burrito	700	420	46	19	0	715	1810	35	6	7	37
Breakfast Burger	1140	710	79	13	3.5	345	1850	57	3	2	49
Jimmy's Breakfast Sandwich w/Ham	660	340	37	13	3.5	480	2030	48	2	7	36
Jimmy's Breakfast Sandwich w/Bacon	700	400	45	15	3.5	470	1500	43	2	2	33
Jimmy's Breakfast Sandwich w/Sausage	750	420	47	16	3.5	495	1490	44	2	2	37

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
OMELETTE SPECIALTIES*											
Western Omelette	510	340	38	17	0	705	910	7	1	4	37
Ham & Cheese Omelette	530	350	39	18	0	720	1260	5	0	3	40
Meat Lover's Omelette	710	490	55	23	0	765	1740	4	0	2	52
Vegetable Omelette	310	210	23	7	0	635	560	7	1	3	21
Garbage Omelette	760	530	59	22	0	715	810	21	3	3	39
Popeye's Revenge Omelette	600	410	46	20	0	730	1250	4	1	1	45
The Florentine Omelette	560	420	47	16	6	670	870	8	1	7	28
Baja Omelette	650	450	50	20	0	730	1160	7	2	1	45
Mexican Omelette	650	390	44	19	0	715	1760	26	6	4	38
Three Egg CYO Omelette****	240	170	19	7	0	635	210	0	0	0	18
Big Jim Omelette****	390	260	29	11	0	1055	350	0	0	0	30

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
INGREDIENTS FOR CRAFT YOUR OWN OMELETES											
Meats:											
Bacon (1oz)	130	80	9	3	0	35	600	<1	0	<1	12
Chorizo (1 oz)	80	60	7	2.5	0	20	280	2	1	0	4
Corned Beef Hash (1oz)	50	30	3	1.5	0	10	180	3	0	0	2
Homemade Corned Beef Hash (1oz)	40	15	1.5	0.5	0	10	430	2	0	<1	4
Ham (1oz)	30	10	1	0.5	0	15	350	2	0	2	4
Sausage (1oz)	90	70	8	3	0	20	230	0	0	0	4
Smoked Turkey (1oz)	25	0	0.5	0	0	15	270	<1	0	0	5
Turkey Sausage (1.25oz)	70	50	6	1.5	0	25	220	0	0	0	7

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	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
INGREDIENTS FOR CRAFT YOUR OWN OMELETTES <i>Continued</i>											
Vegetables:											
Avocado (1oz)	50	40	4.5	0.5	0	0	0	3	2	0	<1
Bell Pepper (1oz)	0	0	0	0	0	0	10	1	0	<1	0
Black Olives (1oz)	45	40	4.5	0	0	0	220	2	0	0	2
Green Chile (1oz)	0	0	0	0	0	0	35	<1	0	0	0
Green Onion (¼oz)	10	0	0	0	0	0	10	2	1	1	0
Jalapeño (1oz)	5	0	0	0	0	0	250	1	1	0	0
Mushroom (1oz)	5	0	0	0	0	0	80	<1	0	0	<1
Onion (1oz)	10	0	0	0	0	0	0	2	<1	2	0
Potato (1oz)	20	0	0	0	0	0	5	5	0	0	<1
Fresh Spinach (5 leaves)	0	0	0	0	0	0	10	0	0	0	0
Tomato (1 oz)	0	0	0	0	0	0	0	<1	0	<1	0
Cheeses:											
American Cheese (1 slice)	80	60	7	4	0	20	300	1	0	1	4
Cheddar Cheese (2oz)	220	160	18	10	0	60	340	2	0	0	14
Cream Cheese (1oz)	100	80	9	6	0	30	105	2	0	1	2
Monterey Jack Cheese (2oz)	220	160	18	10	0	60	340	2	0	0	14
Pepperjack Cheese (2oz)	200	150	16	10	0	60	340	2	0	0	14
Queso Blanco (2 floz)	140	110	12	7	0	30	720	4	0	2	6
Swiss Cheese (1 slice)	90	60	7	4.5	0	20	115	1	0	1	4
Sauces:											
Country Sausage Gravy (2 floz)	90	40	4.5	2	0	<5	530	11	0	0	<1
Hollandiase (2 floz)	190	170	19	4	5	<5	220	3	0	2	2
Picante Sauce (3½ floz)	35	0	0	0	0	0	700	7	0	4	0
Spicy Ahogada Sauce (2 floz)	30	0	0	0	0	0	660	6	2	2	0

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
SKILLET*											
Farmer's Skillet	750	430	48	20	0	515	1750	43	5	7	39
Meat Lover's Skillet	850	490	54	22	0	555	2380	41	4	5	53
Country Skillet	1090	670	74	24	4	540	3280	55	4	5	51
Santa Fe Skillet	810	480	54	18	0	530	1820	37	6	3	48
Almost Healthy Skillet	610	290	32	13	0	95	1400	44	5	4	43

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MIX AND MATCH SIDES											
Side Selections:											
Home Fries	220	70	7	1.5	0	0	680	36	4	3	4
Hash Browns	200	130	14	2.5	0	0	75	17	2	0	2
Grits**	60	0	0	0	0	0	5	13	<1	0	1
Grits***	110	50	6	1	1.5	0	45	13	<1	0	1
Fresh Fruit	60	0	0	0	0	0	20	14	1	13	1
Sliced Tomato	5	0	0	0	0	0	5	1	0	<1	0
Cottage Cheese	140	60	6	4	0	30	580	8	0	6	14
Low-Fat Vanilla Yogurt	150	20	2.5	1.5	0	10	105	26	0	25	7
White Toast	380	150	16	2.5	3.5	0	610	50	1	1	12
Wheat Toast	340	140	15	2.5	3.5	0	520	44	2	4	8
Rye Toast	420	150	17	2.5	3.5	0	530	58	4	1	10
Toasted English Muffin	230	70	8	1.5	2	0	280	32	1	1	6
Biscuits & Sausage Gravy	540	230	25	8	8	<5	2230	68	2	4	9
Mini-Stack Buttermilk Pancakes	280	25	3	1	0	0	1240	58	2	12	6
Mini-Stack Whole Wheat Pancakes	220	35	4	1.5	0	5	420	39	3	7	6
Homemade White Toast	530	190	21	4	5	0	540	77	3	11	14
Homemade Cinnamon Raisin Toast	550	190	21	5	5	0	430	82	3	20	11
Premium Side Selections:											
Mini-Stack Double Blueberry Pancakes	450	45	5	2	0	10	1360	94	4	41	6
Mini-Stack Cinnamon Roll Pancakes	760	270	30	7	7	<5	1420	119	4	70	6
Mini-Stack Reese's Pancakes	420	110	12	4	0	0	1340	74	3	26	9
Mini-Stack Sweet Potato Pancakes	300	40	4.5	1	0	0	850	58	2	14	4
Mini-Stack Chocolate Chip Pancakes	350	60	7	3.5	0	0	1240	67	2	20	6
Hash Browns w/Cheese & Onions	300	210	23	7	0	20	370	20	2	3	6
Home Fries w/Cheese & Onions	320	140	16	6	0	20	980	40	5	6	9
Cheddar & Bacon Grits**	180	80	9	4	0	35	390	14	1	0	11
Cheddar & Bacon Grits***	230	130	15	5	1.5	35	430	14	1	0	11
Yogurt w/Strawberries & Granola	220	40	4.5	2	0	10	160	38	1	31	8
Substitutions:											
Cinnamon Roll	680	220	24	6	2.5	5	780	122	1	59	8

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HOT OFF THE GRIDDLE*											
Ultimate Pancake Combo:											
Made with Double Blueberry Pancakes	1240	420	46	17	0	520	3780	158	8	56	46
Made with Cinnamon Roll Pancakes	2000	860	96	28	15	505	4030	239	7	140	46
Made with Reese's Pancakes	1330	540	60	21	0	500	3860	149	7	53	51
Made with Sweet Potato Pancakes	1070	420	46	14	0	500	2990	116	4	28	41
Made with Chocolate Chip Pancakes	1130	440	19	18	0	500	3660	131	5	35	46
Made with Buttermilk Pancakes	1040	390	43	15	0	500	3660	117	4	24	46
Made with Whole Wheat Pancakes	920	410	45	16	0	515	2030	80	7	14	45
Griddle Combos:											
Choice of Griddle:											
Belgian Waffle**	410	90	10	2	0	45	900	70	2	14	10
Belgian Waffle***	230	70	8	5	0	20	660	37	4	13	4
French Toast	380	70	8	2.5	1	75	310	66	2	20	12
Buttermilk Pancakes	560	50	6	2	0	0	2480	116	4	24	12
Choice of Egg:											
One Egg Cracked to Order	90	60	7	2.5	0	210	70	0	0	0	6
Egg Substitute	45	15	2	0	0	0	105	0	0	0	6
Egg Whites	45	15	2	0	0	0	10	1	0	0	6
Choice of Meat:											
Bacon (2)	130	100	11	4	0	30	530	0	0	0	9
Sausage Patty (1)	180	120	13	45	0	50	520	1	0	0	13
Sausage Link (2)	120	80	9	3	0	40	410	0	0	0	10
Turkey Sausage Patty (1)	70	50	6	1.5	0	25	220	0	0	0	7
Short Stack Buttermilk Pancakes	560	50	6	2	0	0	2480	116	4	24	12
Add 1 Buttermilk Pancake	280	25	3	1	0	0	1240	58	2	12	6
Short Stack Whole Wheat Pancakes	440	70	8	3.5	0	10	840	79	7	14	12
Add 1 Whole Wheat Pancake	220	35	4	1.5	0	5	420	39	3	7	6
Short Stack Double Blueberry Pancakes	760	90	10	4	0	20	2600	157	8	56	12
Add 1 Double Blueberry Pancake	450	45	5	2	0	10	1360	94	4	41	6
Short Stack Cinnamon Roll Pancakes	1520	530	59	15	15	5	2850	238	7	140	12
Add 1 Cinnamon Roll Pancake	760	270	30	7	7	<5	1420	119	4	70	6
Short Stack Reese's Pancakes	850	210	23	8	0	0	2680	148	7	53	18
Add 1 Reese's Pancake	420	110	12	4	0	0	1340	74	3	26	9
Short Stack Sweet Potato Pancakes	590	80	9	1.5	0	0	1710	115	4	28	8
Add 1 Sweet Potato Pancake	300	40	4.5	1	0	0	850	58	2	14	4
Short Stack Chocolate Chips Pancakes	660	100	12	6	0	0	2480	130	5	35	13
Add 1 Chocolate Chip Pancake	350	60	7	3.5	0	0	1240	67	2	20	6

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HOT OFF THE GRIDDLE* continued											
Belgian Waffle**	410	90	10	2	0	45	900	70	2	14	10
Belgian Waffle***	230	70	8	5	0	20	660	37	4	13	4
Add Warm Strawberry Topping	220	0	0	0	0	0	35	55	4	51	0
Add Whipped Cream	60	35	4	2	0	20	0	4	0	4	0
French Toast	560	110	12	35	1.5	115	490	97	4	29	18
Cinnamon Roll	680	220	24	6	2.5	5	780	122	1	59	8
Warm Syrup	210	0	0	0	0	0	120	52	0	32	0
Sugar Free Syrup	15	0	0	0	0	0	110	6	0	0	0
Real Maple Syrup	200	0	0	0	0	0	5	53	0	53	0
Margarine	60	60	7	1.5	1	0	65	0	0	0	0

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
OVER LIGHT BREAKFAST											
Oatmeal Berry Sundae	450	160	18	5	3.5	5	80	69	8	34	6
Spinach & Mushroom Egg White Omelette	350	70	8	1.5	0	0	430	45	7	7	28
Smoked Turkey Omelette w/Egg Beaters	480	120	13	5	0	35	960	50	3	16	33
Smoked Turkey Omelette w/Egg Whites	480	120	13	5	0	35	690	53	3	16	33
Over Light Pancake Combo*	570	160	17	5	0	40	1170	79	7	14	25

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LITTLE JIMMY'S*											
Bacon and Egg****	150	110	12	4.5	0	225	340	0	0	0	10
Add Cheese to Egg											
American Cheese (1 slice)	80	60	7	4	0	20	300	1	0	1	4
Cheddar Cheese (1oz)	110	80	9	5	0	30	170	1	0	0	7
Cream Cheese (1oz)	100	80	9	6	0	30	105	2	0	1	2
Monterey Jack Cheese (1oz)	110	80	9	5	0	30	170	1	0	0	7
Pepperjack Cheese (1oz)	100	70	8	5	0	30	170	1	0	0	7
Queso Blanco (1 floz)	70	50	6	3.5	0	15	360	2	0	1	3
Swiss Cheese (1 slice)	90	60	7	4.5	0	20	115	1	0	1	4
Cheese Omelette****	400	290	32	15	0	485	480	2	0	0	26
Silver Dollar Pancakes	430	140	15	5	0	225	1570	58	2	12	16
Add Chocolate Chips	70	35	4	2.5	0	0	0	9	0	8	0
French Toast	340	150	16	5	0	265	510	32	1	9	17
Waffle 'N' More**	360	150	17	5	0	250	790	35	1	7	15
Waffle 'N' More***	260	140	16	7	0	235	670	19	2	7	12
Chicken Tenders****	320	170	19	3.5	0	40	780	18	1	0	20
Grilled Cheese Sandwich****	540	270	30	11	3.5	40	1440	53	1	4	20

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LITTLE JIMMY'S <i>continued</i>											
Little Jimmy's Side Choices											
Fresh Fruit	60	0	0	0	0	0	20	14	1	13	1
Home Fries	220	70	7	1.5	0	0	680	36	4	3	4
Hash Browns	200	130	14	2.5	0	0	75	17	2	0	2
French Fries	260	140	16	3	0	0	440	26	3	<1	3
Biscuit & Gravy	270	110	13	4	4	<5	1120	34	1	2	5
White Toast	190	70	8	1.5	2	0	300	25	0.5	0.5	6
Wheat Toast	170	70	8	1.5	2	0	260	22	<1	2	4
Homemade White Toast	260	90	10	2	2.5	0	270	38	1	6	7
Homemade Cinnamon Raisin Toast	280	90	10	2.5	2.5	0	210	41	1	10	6

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
SANDWICHES *											
Chicken Club Sandwich	720	340	38	11	3.5	115	1550	48	3	4	47
California Club Sandwich	650	310	35	10	3.5	95	2060	48	4	1	38
BLT Sandwich	700	410	46	12	4.5	45	1280	55	2	8	23
Add A Fried Egg	90	60	7	2.5	0	210	70	0	0	0	6
Smoked Turkey Melt Sandwich	840	460	51	16	4.5	105	2250	58	2	10	41
Club Sandwich	680	380	42	12	3.5	90	2340	45	2	2	35

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
BURGERS*											
All-American Burger**	890	540	60	6	3.5	100	1260	57	2	11	33
Add Bacon	130	100	11	4	0	30	530	0	0	0	9
Cheese Choice:											
American	80	60	7	4	0	20	300	1	0	1	4
Swiss	90	60	7	4.5	0	20	115	1	0	1	6
Cheddar	110	80	9	5	0	30	170	1	0	0	7
Monterey Jack	110	80	9	5	0	30	170	1	0	0	7
Pepperjack Cheese (1oz)	100	70	8	5	0	30	170	1	0	0	7
Patty Melt	1120	680	76	13	3.5	140	1400	65	5	5	43
Breakfast Burger	1140	710	79	13	3.5	345	1850	57	3	2	49
Backyard Burger	1170	730	81	16	3.5	140	1850	69	2	15	44

* Nutrient values shown do not include side choices

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This information is applicable as of 4/10/17.



Nutrition Information

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
JIMMY'S FAVORITES*											
	890	560	63	10	0	95	1700	53	2	23	30
Country Fried Steak**	1000	640	71	23	0	115	2260	60	1	0	29
Country Fried Steak***	1030	560	62	21	0	115	2690	88	2	0	33
Chicken Quesadilla	1270	730	81	32	7	195	2570	79	6	10	62
Ground Sirloin	760	580	65	2	0	150	660	7	1	2	39
Breaded Pork Chops	480	300	33	7	0	100	590	10	0	0	35

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
FRESH, CRISP SALADS											
Grilled Chicken Salad****	670	300	33	13	0	140	1150	46	5	9	51
California Salad****	510	330	37	16	0	310	1040	13	5	4	35
Add Grilled Chicken	240	110	12	2.5	0	80	630	4	<1	2	28
Salad Dressing:											
Bleu Cheese (3.5 floz)	630	340	38	7	0	30	420	2	0	2	2
Honey Mustard (3.5 floz)	460	350	39	5	0	35	560	28	0	25	0
Italian (3.5 floz)	280	220	25	3.5	0	0	1750	11	0	7	0
Ranch (3.5 floz)	460	410	46	7	0	35	910	7	0	4	0

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
LUNCH SIDE CHOICES											
French Fries	370	200	22	4.5	0	0	580	38	4	1	4
Curly Fries	460	290	32	7	0	0	850	40	4	1	4
Home Fries	220	70	7	1.5	0	0	680	36	4	3	4
Fresh Fruit	60	0	0	0	0	0	20	14	1	13	1
Mashed Potatoes	240	140	16	3	4	<5	480	22	2	3	3
Country Sausage Gravy (2 floz)	90	40	4.5	2	0	<5	530	11	0	0	<1
Green Beans	170	90	10	4	0	30	1050	9	3	3	10
Cottage Cheese	140	60	6	4	0	30	580	8	0	6	14
Salad	210	60	7	3	0	15	220	30	3	5	10
Salad Dressing:											
Bleu Cheese (2 floz)	360	340	38	7	0	30	420	2	0	2	2
Honey Mustard (2 floz)	260	200	22	3	0	20	320	16	0	14	0
Italian (2 floz)	160	130	14	2	0	0	1000	6	0	4	0
Ranch (2 floz)	260	230	26	4	0	20	520	4	0	2	0

* Nutrient values shown do not include side choices

** Nutrient values shown represent stores located in the Oklahoma City Metro Area and New York

*** Nutrient values shown represent stores located in Oklahoma outside of the OKC Metro Area, AR, KS, MO, NE and TX

**** Nutrient values shown do not include salad dressing

2,000 calories a day is used as a general nutrition guideline, but calorie needs may vary. Variations and substitutions will increase or decrease stated nutritional values. Items listed may not be available in all stores.



Nutrition Information

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
EXTRAS											
Bacon (3)	190	140	16	6	0	45	800	0	0	0	13
Corned Beef Hash	400	230	26	12	2	65	1450	25	3	2	19
Homemade Corned Beef Hash	280	90	10	3.5	2	90	1880	17	2	6	27
Ham Steak	220	110	13	3.5	0	90	1880	0	0	0	27
Sausage Links (3)	180	120	13	4.5	0	60	620	0	0	0	15
Sausage Patties (2)	360	230	26	9	0	100	1040	2	0	0	26
Turkey Sausage (2)	140	100	12	2.5	0	55	440	<1	0	<1	14
Biscuits & Gravy	540	230	25	8	8	<5	2230	68	2	4	9
Homemade White Toast	530	190	21	4	5	0	540	77	3	11	14
Homemade Cinnamon Raisin Toast	550	190	21	5	5	0	430	82	3	20	11
White Toast	380	150	16	2.5	3.5	0	610	50	1	1	12
Wheat Toast	340	140	15	2.5	3.5	0	530	44	2	4	8
Buttermilk Pancake (1)	280	25	3	1	0	0	1240	58	2	12	6
French Fries	370	200	22	4.5	0	0	580	38	4	1	4
Hash Browns	200	130	14	2.5	0	0	75	17	2	0	2
Home Fries	220	70	7	1.5	0	0	680	36	4	3	4
Grits*	60	0	0	0	0	0	5	13	<1	0	1
Grits**	110	50	6	1	1.5	0	45	13	<1	0	1
Cottage Cheese	140	60	6	4	0	30	580	8	0	6	14
Fresh Fruit	60	0	0	0	0	0	20	14	1	13	1
Picante Sauce (3½ floz)	35	0	0	0	0	0	700	7	0	4	0
Low-Fat Vanilla Yogurt	150	20	2.5	1.5	0	10	105	26	0	25	7
Bowl of Oatmeal	380	30	3.5	0.5	0	0	25	81	6	50	6

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
BEVERAGES											
Regular Chocolate Milk	300	45	5	3	0	30	400	48	0	44	16
Small Chocolate Milk	190	30	3	2	0	20	250	30	0	28	10
Regular 2% Milk	240	90	10	6	0	40	200	24	0	24	16
Small 2% Milk	150	60	6	4	0	25	125	15	0	15	10
Hot Choccoalte	240	30	3	1.5	0	10	330	53	<1	47	2
Coffee	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	0	0	0	<1	0	0	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Regular Apple Juice	230	0	0	0	0	0	75	55	0	55	0
Small Apple Juice	150	0	0	0	0	0	45	35	0	35	0
Regular Cranberry Juice	280	0	0	0	0	0	70	70	0	70	0
Small Cranberry Juice	180	0	0	0	0	0	45	44	0	44	0

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2,000 calories a day is used as a general nutrition guideline, but calorie needs may vary. Variations and substitutions will increase or decrease stated nutritional values. Items listed may not be available in all stores.



Nutrition Information

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
BEVERAGES <i>continued</i>											
Regular Orange Juice	220	0	0	0	0	0	0	52	0	44	4
Small Orange Juice	140	0	0	0	0	0	0	33	0	28	3
Regular Tomato Juice	90	0	0	0	0	0	1360	20	4	14	2
Small Tomato Juice	60	0	0	0	0	0	850	13	2	9	1
Coke	250	0	0	0	0	0	75	68	0	68	0
Little Jimmy's Coke	130	0	0	0	0	0	40	34	0	34	0
Diet Coke	0	0	0	0	0	0	75	0	0	0	0
Little Jimmy's Diet Coke	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper	250	0	0	0	0	0	100	66	0	64	0
Little Jimmy's Dr. Pepper	130	0	0	0	0	0	50	33	0	32	0
Sprite	250	0	0	0	0	0	115	65	0	65	0
Little Jimmy's Sprite	130	0	0	0	0	0	55	33	0	33	0

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
CATERING*											
BREAKFAST											
Traditional Breakfast**	770	350	39	12	6	425	2410	82	5	6	23
Classic Combo**	770	350	39	12	6	425	2410	82	5	6	23
Meat Choices for Traditional Breakfast & Classic Combo											
Bacon	130	100	11	4	0	30	530	0	0	0	9
Sausage Patties	350	230	26	9	0	100	1020	2	0	0	26
Sausage Links	180	120	13	4.5	0	60	620	0	0	0	15
Turkey Sausage	140	100	12	2.5	0	55	440	<1	0	<1	14
Farmer's Skillet	700	400	45	18	0	505	1680	43	5	7	36
Meat Lover's Skillet	800	460	51	19	0	545	2310	40	4	5	50
Premium Country Skillet	1090	670	74	24	4	540	3070	55	4	5	51
Fiesta Skillet	880	510	57	25	0	550	2130	52	6	10	38
Pancake Combo**	320	80	9	2.5	0	210	1120	49	2	10	11
Meat Choices for Pancake Combo											
Bacon	130	100	11	4	0	30	530	0	0	0	9
Sausage Patties	180	110	13	4.5	0	50	510	1	0	0	13
Sausage Links	120	80	9	3	0	40	410	0	0	0	10
Turkey Sausage	70	50	6	1.5	0	25	220	0	0	0	7
Breakfast Sandwich Tray:											
Half Sandwich with Bacon	350	200	22	8	2	235	750	22	1	1	16
Half Sandwich with Ham	320	170	19	6	2	235	800	22	1	1	17
Half Sandwich with Sausage	370	210	23	8	2	245	740	22	1	1	19
Breakfast Taco Bar	770	370	41	16	0	475	1930	69	6	5	33
Breakfast Burrito Tray	530	330	36	17	0	290	1150	24	1	1	28

* Nutrient values shown represent a single serving of each item based on bulk packaging for 10 people.

** Nutrient values shown do not include choice of meat. Those values are listed separately.

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Nutrition Information

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
CATERING* Continued											
LUNCH											
Smothered Chicken	730	370	41	11	4	90	2610	53	7	9	36
Burger Bar**	970	600	67	10	3.5	120	1850	58	1	12	37
BBQ Pork Sandwich**	720	290	32	13	3.5	105	2140	68	2	16	41
Deli Sandwich & Wrap Tray**											
Half Sandwich with Ham & American	230	110	12	4	2	25	730	22	1	1	11
Half Sandwich with Turkey & Swiss	230	100	11	3.5	2	25	590	22	1	1	11
Half Wrap with Ham & American	220	80	9	4	0	25	810	26	<1	1	8
Half Wrap with Turkey & Swiss	220	70	8	3.5	0	25	670	26	<1	1	8
Chef Salad***	550	330	36	18	0	360	1780	11	2	3	48
California Salad***	330	210	23	11	0	260	430	12	4	3	20
Salad Dressing:											
Bleu Cheese	580	550	51	11	0	50	670	3	0	3	3
Italian	260	200	22	3	0	0	1600	10	0	6	0
Honey Mustard	420	320	35	5	0	30	510	26	0	22	0
Ranch	420	370	42	6	0	30	830	6	0	3	0
EXTRAS											
Fresh Fruit Bowl	60	0	0	0	0	0	25	16	1	14	1
Biscuits & Gravy	410	170	19	6	6	<5	1670	51	2	3	7
Seasoned Home Fries	180	50	6	1	0	0	540	29	3	2	3
Assorted Chips											
Cheetos	310	190	21	3.5	0	0	500	26	1	2	3
Doritos, Cool Ranch	260	120	13	2	0	0	320	31	3	2	3
Doritos, Nacho Cheese	240	130	14	2	0	0	360	28	2	<1	3
Fritos, Original	320	180	20	3	0	0	320	32	3	<1	3
Lay's, BBQ	230	140	15	2	0	0	230	23	2	3	3
Lay's, Regular	240	140	16	2	0	0	250	23	2	1	3
Homemade Bread	330	60	6	1.5	1	0	290	60	2	12	9
Grits	80	40	4.5	1	1.5	0	35	11	<1	0	1
Bacon	190	140	16	6	0	45	800	0	0	0	13
Sausage	350	230	26	9	0	100	1020	2	0	0	26
Scrambled Eggs	170	120	14	4.5	0	420	140	0	0	0	12
Buttermilk Pancakes	280	25	3	1	0	0	1240	58	2	12	6
BEVERAGES											
Coffee	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Orange Juice	110	0	0	0	0	0	0	26	0	22	2

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** Nutrient values shown do not include assorted chips. Those values are listed separately.

*** Nutrient values shown do not include dressing. Those values are listed separately.

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