



# COOKOUT MENU

## NUTRITIONAL INFORMATION

SERVING SIZE

CALORIES  
TOTAL FAT (g)  
SATURATED FAT (g)  
TRANS FAT (g)  
CHOLESTEROL (mg)  
SODIUM (mg)  
CARBOHYDRATES (g)  
DIETARY FIBER (g)  
SUGAR (g)  
PROTEIN (g)  
VITAMIN A (%DV)  
VITAMIN C (%DV)  
CALCIUM (%DV)  
IRON (%DV)

### Fresh Homemade Char-Grilled Hamburgers

Small 1/8 lb		3.2 oz (90.4 g)	245	8	3	1	37	309	27	0	4	14	0	0	11	15
Regular 1/4 lb		4.4 oz (125 g)	328	14	5	1	66	340	27	0	4	22	0	0	11	21
Huge 1/2 lb Big		7.2 oz (202.6 g)	516	26	10	2	132	410	27	0	4	40	0	0	11	34
Double™		6.5 oz (184.5 g)	311	13	4	1	60	126	27	0	4	20	0	0	0	20
Everything	Add	2 oz (56.6 g)	91	8	1	0	4	301	5	1	3	1	1	2	0	1
Cook Out® Style	Add	4.5 oz (126.8 g)	123	5	1	0	9	518	7	1	4	3	4	5	1	2
Out West Style	Add	2.46 oz (69.6 g)	202	18	5	0	26	682	4	0	2	8	1	3	0	0
Steak Style	Add	2.6 oz (73.5 g) 3	91	8	1	0	4	141	5	1	2	1	20	9	0	1
Cheddar Style	Add	3 oz (85.5 g)	233	20	5	0	28	729	5	0	1	8	0	2	1	0

### Char-Grilled Chicken Breast

Char-Grilled Chicken Breast		6.67 oz (189.2 g)	377	17	3	0	59	575	29	0	5	25	25	7	11	13
Original Style Barbeque	Add	0.21 oz (6 g)	393	18	3	0	60	624	31	0	7	25	25	7	11	13
Style	Add	0.8 oz (22.1 g)	376	17	3	0	59	714	29	0	5	25	6	1	10	12
Cajun Style	Add	1.68 oz (47.8 g)	377	0	0	0	0	155	1	0	0	0	2	2	0	0
Club Style	Add	2.9 oz (84 oz) 3	565	17	3	0	59	575	29	0	5	25	25	7	11	13
Cheddar Style	Add	3 oz (85.5 g)	534	30	7	0	83	1245	32	0	5	33	5	2	11	12

### Hot Crispy Spicy Chicken Breast Fillet

Spicy Chicken Breast		5.61 oz (159 g)	446	18	3	0	39	1158	45	2	5	21	24	9	12	17
Cheese Style	Add	3 oz (85.5 g)	634	35	10	0	81	1942	46	2	5	32	28	9	32	17

### Chopped Pork Barbeque

Reg BBQ Sandwich		8.8 oz (249.5 g)	368	12	3	0	66	1103	35	1	9	29	5	5	15	18
BBQ Plate		17.3 oz (491.6 g)	976	43	10	0	96	2445	105	10	21	35	6	19	21	29

### Char-Grilled Hot Dogs

Hot Dog Cook Out® Style		2.9 oz (81 g)	260	15	5	0	25	600	22	0	3	8	0	5	8	6
Hot Dog		6.2 oz (176 g)	383	20	6	0	34	1118	29	1	7	11	4	10	9	8
Mexi Hot Dog Bacon		7.3 oz (207.8 g)	385	19	6	0	36	1352	29	1	5	12	26	16	9	9
Cheddar Hot Dog		4.62 oz (131 g)	523	29	9	0	49	1494	47	0	6	19	0	5	17	12

### Crispy Chicken Wraps

Cajun Wrap Ranch		6 oz (170 g)	501	27	11	0	54	1285	44	2	0	25	5	0	35	10
Wrap Honey Mustard		6.1 oz (174.2 g)	522	29	12	0	56	1273	44	2	0	25	5	0	35	10
Wrap		6.2 oz (175.2 g)	517	28	11	0	55	1279	46	2	2	25	5	0	35	10

### Homemade Style Chicken Strips

Chicken Strips (3)		8.25 oz (234 g)	660	33	5	0	60	2130	60	3	0	36	0	0	6	6
Chicken Strip Sandwich		11.6 oz (330 g)	674	32	4	0	45	1804	71	2	7	28	20	7	14	13
Chicken Strip Club	Add	1.45 oz (41 g)	846	48	11	0	86	2539	70	2	5	39	24	7	34	13

### Quesadillas

Cheese	3.5 oz (98.2 g)	355	23	11	0	39	644	24	1	1	13	6	0	33	9
Chicken	4.3 oz (123 g)	449	28	12	0	54	788	31	1	2	19	12	2	36	12
Beef	4.5 oz (126.5 g)	514	29	13	0	63	845	42	1	3	22	6	0	40	19

### Sides/Other Menu Items

Onion Rings Full Order	4.9 oz (138 g)	256	2	0	0	0	656	56	3	6	6	0	6	6	3
Onion Rings Side	2.4 oz (69 g)	128	1	0	0	0	328	28	2	3	3	0	3	3	2
Chicken Nuggets Full Order	2.9 oz (81.7 g)	240	18	4	0	95	540	12	0	0	16	0	0	0	8
Chicken Nuggets Side	1.7 oz (49 g)	144	11	2	0	57	324	7	0	0	10	0	0	0	5
BLT Sandwich	4.3 oz (123 g)	392	25	7	0	37	1054	29	0	5	15	20	7	7	9
Bacon Ranch Wrap	2.62 oz (41 g)	419	28	14	0	58	1047	24	1	0	20	5	0	0	8
Corn Dog	2.7 oz (76 g)	220	11	4	0	20	440	26	0	7	5	0	2	2	6
Cheese Dog	2.3 oz (66 g)	146	3	1	0	2	410	25	0	3	3	0	0	0	6
Mustard Relish Hot Dog	3.6 oz (102 g)	394	16	5	0	25	1021	50	0	10	11	4	5	5	13
Side of Chili	3.5 oz (98 g)	164	3	1	0	17	917	4	1	2	5	8	4	4	4
Side of Slaw	4 oz (113.4 g)	405	32	5	0	16	434	30	1	29	0	2	10	10	1
Hushpuppies Full Order	6 oz (170.2 g)	600	18	5	0	30	1440	93	9	21	3	0	0	0	24
Hushpuppies Side	3 oz (85.1 g)	300	9	2	0	15	720	47	5	11	2	0	0	0	12
Large Fries	8.4 oz (238.1 g)	694	34	6	0	0	1374	89	9	1	7	0	24	24	10
Regular Fries	4.2 oz (119.8 g)	347	17	3	0	0	687	45	4	0	4	0	12	12	5
Cook Out Fries	6.9 oz (195.8 g)	465	21	4	0	11	1335	49	5	1	7	4	14	14	7
Okra	2.95 oz (84 g)	228	13	2	0	0	665	26	2	3	3	0	4	4	2
Cook Out Rounds Full Order	4.90 oz (139 g)	298	17	4	0	25	745	30	5	2	8	7	0	0	3
Cook Out Rounds Side	2.45 oz (69.50 g)	149	8	2	0	12	372	15	2	1	4	3	0	0	2
Cheese Curds Full Order	3.00 oz (85 g)	299	19	11	0	63	560	14	0	1	16	14	0	0	4
Cheese Curds Side	1.50 oz (42.50 g)	150	10	5	0	31	280	7	0	0	8	7	0	0	2

### Beverages

Coca-Cola®	Huge	32 oz (907.2 g)	280	0	0	0	0	0	78	0	78	0	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	0	59	0	59	0	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	0	39	0	39	0	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	0	29	0	29	0	0	0	0	0
Diet Coke®	Huge	32 oz (907.2 g)	0	0	0	0	0	20	0	0	0	0	0	0	0	0
	Large	24 oz (680.4 g)	0	0	0	0	0	15	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	10	0	0	0	0	0	0	0	0
	Small	12 oz (340.19 g)	0	0	0	0	0	8	0	0	0	0	0	0	0	0
Coca-Cola® Zero	Huge	32 oz (907.2 g)	0	0	0	0	0	16	0	0	0	0	0	0	0	0
	Large	24 oz (680.4 g)	0	0	0	0	0	12	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	8	0	0	0	0	0	0	0	0
	Small	12 oz (340.19 g)	0	0	0	0	0	6	0	0	0	0	0	0	0	0
Sprite	Huge	32 oz (907.2 g)	289	0	0	0	0	65	65	0	65	0	0	0	0	0
	Large	24 oz (680.4 g)	222	0	0	0	0	50	50	0	50	0	0	0	0	0
	Regular	16 oz (453.6 g)	139	0	0	0	0	31	31	0	31	0	0	0	0	0
	Small	12 oz (340.19 g)	104	0	0	0	0	23	23	0	23	0	0	0	0	0
Pibb® Xtra	Huge	32 oz (907.2 g)	290	0	0	0	0	45	79	0	79	0	0	0	0	0
	Large	24 oz (680.4 g)	218	0	0	0	0	34	59	0	59	0	0	0	0	0
	Regular	16 oz (453.6 g)	145	0	0	0	0	23	40	0	40	0	0	0	0	0
	Small	12 oz (340.19 g)	109	0	0	0	0	17	30	0	30	0	0	0	0	0
Mellow Yellow	Huge	32 oz (907.2 g)	288	0	0	0	0	32	77	0	77	0	0	0	0	0
	Large	24 oz (680.4 g)	209	0	0	0	0	23	56	0	56	0	0	0	0	0
	Regular	16 oz (453.6 g)	144	0	0	0	0	16	38	0	38	0	0	0	0	0

	Small	12 oz (340.19 g)	108	0	0	0	0	12	29	0	29	0	0	0	0	0
Fanta Orange®	Huge	32 oz (907.2 g)	302	0	0	0	0	86	89	0	88	0	0	0	0	0
	Large	24 oz (680.4 g)	227	0	0	0	0	65	67	0	66	0	0	0	0	0
	Regular	16 oz (453.6 g)	151	0	0	0	0	43	45	0	44	0	0	0	0	0
	Small	12 oz (340.19 g)	113	0	0	0	0	32	33	0	33	0	0	0	0	0
Hi-C® Poppin' Pink Lemonade	Huge	32 oz (907.2 g)	280	0	0	0	0	130	73	0	73	0	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	98	55	0	55	0	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	65	37	0	37	0	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	49	27	0	27	0	0	0	0	0
Hi-C® Fruit Punch	Huge	32 oz (907.2 g)	317	0	0	0	0	108	89	0	88	0	0	0	0	0
	Large	24 oz (680.4 g)	238	0	0	0	0	81	67	0	66	0	0	0	0	0
	Regular	16 oz (453.6 g)	158	0	0	0	0	54	45	0	44	0	0	0	0	0
	Small	12 oz (340.19 g)	119	0	0	0	0	41	33	0	33	0	0	0	0	0
Fresh Brewed Sweet Tea	Huge	32 oz (907.2 g)	330	0	0	0	0	2	148	0	148	0	0	0	0	0
	Large	24 oz (680.4 g)	248	0	0	0	0	1	111	0	111	0	0	0	0	0
	Regular	16 oz (453.6 g)	236	0	0	0	0	1	74	0	74	0	0	0	0	0
	Small	12 oz (340.19 g)	177	0	0	0	0	1	56	0	55	0	0	0	0	0
Fresh Brewed Tea	Huge	32 oz (907.2 g)	0	0	0	0	0	2	0	0	0	0	0	0	0	0
	Large	24 oz (680.4 g)	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Small	12 oz (340.19 g)	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Dr. Pepper®	Huge	32 oz (907.2 g)	280	0	0	0	0	90	74	0	70	0	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	68	56	0	53	0	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	45	37	0	35	0	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	34	28	0	26	0	0	0	0	0
Cheerwine®	Huge	32 oz (907.2 g)	288	0	0	0	0	49	81	0	81	0	0	0	0	0
	Large	24 oz (680.4 g)	216	0	0	0	0	37	60	0	60	0	0	0	0	0
	Regular	16 oz (453.6 g)	144	0	0	0	0	24	40	0	40	0	0	0	0	0
	Small	12 oz (340.19 g)	108	0	0	0	0	18	30	0	30	0	0	0	0	0
Powerade® Mountain Blast	Huge	32 oz (907.2 g)	149	0	0	0	0	149	40.5	0	41	0	0	0	0	0
	Large	24 oz (680.4 g)	109	0	0	0	0	109	29.5	0	29	0	0	0	0	0
	Regular	16 oz (453.6 g)	74.7	0	0	0	0	74.4	20.3	0	20	0	0	0	0	0
	Small	12 oz (340.19 g)	56	0	0	0	0	56	15.2	0	15	0	0	0	0	0
Coke® Float		16 oz (453.59 g)	399	11	7	0	37	293	69	0	67	10	35	4	33	0
Cheerwine® Float		16 oz (453.59 g)	401	11	7	0	37	303	69	0	67	10	35	4	33	0

### Fancy Milkshakes

Vanilla		32.9 oz (934g)	555	18	11	0	59	469	86	0	83	16	55	6	53	0
Hershey's® Chocolate		32.9 oz (934g)	620	18	11	0	59	484	110	0	103	16	55	6	53	0
Strawberry		32.8oz (929.6 g)	610	17	10	0	55	455	105	0	99	15	52	21	50	0
Fresh Banana		30.9 oz (876.3 g)	538	16	9	0	51	412	89	2	80	15	50	14	47	1
Banana Berry		33.6 oz (952.8 g)	671	16	9	0	51	440	123	3	111	15	50	3	47	2
Banana Nut		32.1 oz (907.8 g)	704	27	11	0	51	412	103	3	92	15	50	0	47	2
Banana Fudge		33.5 oz (950.3 g)	772	24	16	0	51	470	130	2	111	17	50	14	51	4
Banana Pineapple		32 oz (907.3 g)	566	16	9	0	51	412	96	2	86	15	50	19	47	1
Banana Pudding		34.7 oz (928.3 g)	781	26	12	0	141	611	126	2	99	16	50	14	47	7
Blueberry		32.9 oz (933.6 g)	617	17	10	0	55	464	107	0	101	15	52	22	50	0
Chocolate Cherry		32.3 oz (914.6 g)	665	17	10	0	55	472	123	2	116	15	52	6	50	2
Red Cherry		32.3 oz (916.6 g)	600	17	10	0	55	457	99	2	96	15	52	6	50	2
Fresh Peanut Butter		32.8 oz (930.6 g)	847	45	15	0	55	698	91	3	83	27	52	6	50	3
Peanut Butter Banana		32.8 oz (931.3 g)	864	43	14	0	51	669	99	5	85	27	50	14	47	4

Peanut Butter Fudge	33.2 oz (940.6 g)	765	34	15	0	51	569	101	2	91	21	49	6	49	4
Cappuccino	31.9 oz (904 g)	555	18	11	0	59	469	86	0	83	16	55	6	53	0
Caramel Fudge	32.8 oz (928.6 g)	677	21	13	0	55	509	111	0	102	16	52	6	52	2
Caramel	33.51 oz (950 g)	560	17	10	0	55	480	91	0	87	15	52	6	50	0
Pineapple	33 oz (937.6 g)	575	17	10	0	55	440	94	1	91	16	52	16	51	0
Snickers®	32.4 oz (917.6 g)	720	27	14	0	65	540	107	0	100	19	52	6	54	0
Hi-C Punch®	31.9 oz (904 g)	598	17	10	0	55	447	102	0	99	15	52	6	50	0
Walnut	33.1 oz (938.6 g)	853	40	13	0	55	440	109	4	103	15	52	6	50	4
Oreo®	33 oz (935.6 g)	802	29	14	0	55	678	125	2	103	17	52	6	50	14
M&M®	32.6 oz (924.6 g)	755	27	16	0	65	469	114	2	107	17	52	6	54	0
Oreo® Mint	33 oz (935.6 g)	853	29	14	0	55	678	138	2	115	17	52	6	50	14
Peach	32.7 oz (925.6 g)	547	17	10	0	55	442	91	0	86	15	54	8	50	0
Chocolate Chip	34.46 oz (977 g)	783	32	20	0	64	472	107	4	103	18	55	6	53	43
Chocolate Chip Mint	35 oz (993 g)	834	32	20	0	64	472	120	4	115	18	55	6	53	43
Chocolate Nut	33.4 oz (946.1 g)	752	28	11	0	55	455	119	2	110	15	52	6	50	2
Mocha	35.32oz (1001.4 g)	620	18	11	0	59	484	110	0	103	16	55	6	53	0
Peach Cobbler	34.5 (977.6 g)	790	27	13	0	145	641	127	0	105	17	54	8	50	7
Reese's® Cup	33.4 oz (947.6 g)	894	37	19	0	55	699	121	3	115	2	52	6	56	6
Orange Push Up	33.95 oz (962.4 g)	638	18	11	0	59	469	109	0	106	16	55	101	53	0
Cherry Cobbler	34.2 oz (968.6 g)	842	27	13	0	145	656	135	2	115	17	52	6	50	9
Chocolate Malt	34.7 oz (985 g)	671	19	11	0	62	541	119	0	109	17	55	6	56	0
Heath® Toffee	32.1 oz (909.6 g)	701	28	16	0	66	565	101	0	98	15	52	6	50	0
Cherry Cheesecake	34 oz (964.3 g)	925	42	23	1	171	698	119	2	115	21	59	6	55	4
Double Chocolate	33.6 oz (953.6 g)	651	17	10	0	55	470	129	0	118	15	52	6	50	0
Fresh Watermelon	35 oz (992.3 g)	645	16	9	0	51	413	89	1	84	15	55	23	48	2
Philadelphia® Cheesecake	32.6 oz (923.3 g)	845	42	23	1	171	681	101	0	97	21	59	6	55	2
Nilla® Wafers	32.7 oz (927.6 g)	763	27	13	0	145	639	117	0	97	17	52	6	50	7
Mint	33.5 oz (950 g)	605	18	11	0	59	469	99	0	96	16	55	6	53	0
Malted Milk	33.4 oz (946 g)	606	19	11	0	62	526	95	0	89	17	55	6	56	0
Fudge	33.5 oz(949.6 g)	754	25	17	0	55	498	122	0	109	17	52	6	54	4

**Prepared By:**

**[cookoutmenu.us.com](http://cookoutmenu.us.com)**