

COOK OUT 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)	
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	
Regular 1/4 lb	4.4 oz (125 g)	328	14	5	1	66	340	27	0	4	22	0	0	11	
Huge 1/2 lb Big	7.2 oz (202.6 g)	516	26	10	2	132	410	27	0	4	40	0	0	11	
Double™	6.5 oz (184.5 g)	311	13	4	1	60	126	27	0	4	20	0	0	0	
Everything	Add 2 oz (56.6 g)	91	8	1	0	4	301	5	1	3	1	1	2	0	
Cook Out® Style	Add 4.5 oz (126.8 g)	123	5	1	0	9	518	7	1	4	3	4	5	1	
Out West Style	Add 2.46 oz (69.6 g)	202	18	5	0	26	682	4	0	2	8	1	3	0	
Steak Style	Add 2.6 oz (73.5 g)	91	8	1	0	4	141	5	1	2	1	20	9	0	
Cheddar Style	Add 3 oz (85.5 g)	233	20	5	0	28	729	5	0	1	8	0	2	1	
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	
Original Style Barbeque	Add 0.21 oz (6 g)	393	18	3	0	60	624	31	0	7	25	25	7	11	
Style	Add 0.8 oz (22.1 g)	376	17	3	0	59	714	29	0	5	25	6	1	10	
Cajun Style	Add 1.68 oz (47.8 g)	377	0	0	0	0	155	1	0	0	0	2	2	0	
Club Style	Add 2.9 oz (84 oz)	565	17	3	0	59	575	29	0	5	25	25	7	11	
Cheddar Style	Add 3 oz (85.5 g)	534	30	7	0	83	1245	32	0	5	33	5	2	11	
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	
Cheese Style	Add 3 oz (85.5 g)	634	35	10	0	81	1942	46	2	5	32	28	9	32	
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	
BBQ Plate	17.3 oz (491.6 g)	976	43	10	0	96	2445	105	10	21	35	6	19	21	
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	0	8	
Hot Dog	6.2 oz (176 g)	383	20	6	0	34	1118	29	1	7	11	4	10	9	
Mexi Hot Dog Bacon	7.3 oz (207.8 g)	385	19	6	0	36	1352	29	1	5	12	26	16	9	
Cheddar Hot Dog	4.62 oz (131 g)	523	29	9	0	49	1494	47	0	6	19	0	5	17	
Crispy Chicken Wraps															
Cajun Wrap Ranch	6 oz (170 g)	501	27	11	0	54	1285	44	2	0	25	5	0	35	
Wrap Honey Mustard	6.1 oz (174.2 g)	522	29	12	0	56	1273	44	2	0	25	5	0	35	
Wrap	6.2 oz (175.2 g)	517	28	11	0	55	1279	46	2	2	25	5	0	35	
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	
Chicken Strip Sandwich	11.6 oz (330 g)	674	32	4	0	45	1804	71	2	7	28	20	7	14	
Chicken Strip Club	Add 1.45 oz (41 g)	846	48	11	0	86	2539	70	2	5	39	24	7	34	
Quesadillas															
Cheese	3.5 oz (98.2 g)	355	23	11	0	33	644	24	1	13	19	0	6	0	
Chicken	4.3 oz (123 g)	449	28	12	0	36	788	31	2	19	22	0	12	0	
Beef	4.5 oz (126.5 g)	514	29	13	0	40	845	42	3	22	40	0	6	0	
Sides / Other Menu Items															
Onion Rings Full Order	4.9 oz (138 g)	405	32	5	0	0	560	30	2	3	7	0	7	3	
Onion Rings Side	2.4 oz (69 g)	256	18	4	0	0	324	15	1	1	3	0	0	2	
Chicken Nuggets Full Order	2.9 oz (81.7 g)	240	11	2	0	95	540	12	0	0	16	0	0	0	
Chicken Nuggets Side	1.7 oz (49 g)	128	3	1	0	57	328	7	0	0	10	0	0	0	

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