

MENU NUTRITION

	Nutrition Facts														Allergens							
	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat		
BISCUITS																						
Bacon, Egg & Cheese Biscuit	1	550	250	28	5	0	225	41	1840	5	32	0	x		x				x	x		
Cajun Filet Biscuit*	1	570	240	27	3	.5	50	58	1630	3	22	1			x				x	x		
Cheddar Bo® Biscuit*	1	490	270	30	9	0	45	39	970	3	15	0			x				x	x		
Country Ham Biscuit	1	380	180	20	1.5	0	35	38	1480	3	13	0			x				x	x		
Egg & Cheese Biscuit	1	430	220	25	4.5	0	185	39	1040	4	13	0	x		x				x	x		
Gravy Biscuit	1	430	190	21	8	0	15	48	1480	8	12	1			x				x	x		
Plain Biscuit	1	310	140	15	.5	0	0	38	690	3	5	0			x				x	x		
Sausage Biscuit	1	470	250	28	5	0	40	39	1070	4	15	0			x				x	x		
Sausage Gravy Biscuit	1	580	300	33	12	0	55	49	1860	8	22	1			x				x	x		
Steak Biscuit	1	630	360	40	11	2	55	48	1310	3	15	1			x				x	x		
Add American Cheese	1	40	30	3.5	2	0	10	1	190	0	2	0			x				x			
Add Egg	1	80	50	6	1.5	0	175	0	160	0	6	0	x		x							
SANDWICHES																						
Cajun Filet Club Sandwich	1	660	290	32	8	.5	105	50	2260	6	43	1	x		x				x	x		
Cajun Filet Sandwich	1	510	230	25	5	0	55	47	1270	4	22	1	x		x				x	x		
Grilled Chicken Club Sandwich	1	560	230	25	7	0	125	31	2200	6	50	1	x		x				x	x		
Grilled Chicken Sandwich	1	410	170	19	3.5	0	80	29	1220	4	28	1	x		x				x	x		
SALADS																						
Not included: 1 pack of dressing & 1 pack of croutons																						
Chicken Supremes® Salad	1	480	240	26	9	.5	95	29	840	2	30	1			x					x		
Garden Salad	1	100	70	7	4.5	0	20	4	150	2	6	1			x							
Grilled Chicken Salad	1	260	110	12	6	0	95	5	1030	3	30	1			x							
SWEETS																						
Bo-Berry Biscuit*	1	370	160	17	8	0	0	49	720	18	5	1	x		x				x	x		
Cinnamon Twist*	1	360	200	23	7	0	0	36	280	13	3	1			x				x	x		
Sweet Potato Pie	1	340	180	20	9	0	10	39	100	17	3	1	x		x				x	x		
KIDS' MEAL																						
w/water, mashed potatoes & gravy, biscuit																						
2 Piece Supremes	1	700	300	33	11	.5	55	72	1880	6	26	2			x				x	x		
Chicken Leg	1	640	310	34	13	0	60	63	1790	6	19	2			x				x	x		
Mac 'N Cheese	1	730	340	38	16	0	25	76	2250	9	18	2			x				x	x		
CHICKEN																						
Breast	1 pc	540	260	29	10	1	130	24	580	0	41	1								x		
Leg	1 pc	190	120	13	4.5	0	55	8	370	0	10	0								x		
Thigh	1 pc	240	90	10	3.5	0	100	14	600	0	21	1								x		
Wing	1 pc	150	70	8	3.5	.5	30	8	300	0	10	0								x		
Supremes	4 pc	500	230	25	7	1	100	33	920	0	32	0								x		

* Only at participating stores.

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FIXIN'S																						
Bo-Tato Rounds®	Ind.	260	140	16	5	.5	10	27	590	0	2	2										
Bo-Tato Rounds®	Picnic	650	360	40	12	2	25	67	1470	0	5	4										
Bojangles Cajun Pintos®	Ind.	150	0	0	0	0	0	27	870	4	7	7										
Bojangles Cajun Pintos®	Picnic	450	5	0	0	0	0	83	2650	12	22	23										
Bojangles' Dirty Rice®	Ind.	170	60	6	2	0	10	22	700	1	5	0			x		x		x			
Bojangles' Dirty Rice®	Picnic	520	180	20	7	0	35	68	2210	2	15	1			x		x		x			
Cajun Gravy	Ind.	140	60	6	2	0	15	13	810	5	7	0			x		x		x			
Cajun Gravy	Pic	450	180	20	6	0	50	42	2660	17	24	0			x		x		x			
Cole Slaw	Ind.	170	100	11	1.5	0	5	20	240	17	1	2	x									
Cole Slaw	Picnic	580	320	35	6	0	15	65	810	55	4	6	x									
Macaroni 'N Cheese	Ind.	280	160	18	8	0	20	21	830	3	8	1			x		x		x			
Macaroni 'N Cheese	Picnic	870	480	54	23	1	60	64	2550	9	24	3			x		x		x			
Mashed Potatoes 'N Gravy	Ind.	130	45	5	1.5	0	5	17	630	2	4	1			x		x		x			
Mashed Potatoes 'N Gravy	Picnic	490	170	19	5	0	15	66	2220	7	14	4			x		x		x			
Grits	Ind.	160	80	9	2.5	0	0	19	125	0	2	1			x		x					
Grits	Picnic	490	230	26	8	0	0	58	380	0	6	4			x		x					
Seasoned Fries	Ind.	360	180	21	7	1	15	39	320	0	3	3										
Seasoned Fries	Picnic	670	340	38	13	2	25	73	590	1	6	5										
DIPPING SAUCES																						
BBQ Sauce	2 oz	100	0	0	0	0	0	25	450	21	0	1										
Bo's Special Sauce	2 oz	270	250	28	4.5	0	20	6	440	5	0	0	x									
Honey Mustard Sauce	2 oz	280	230	25	4	0	15	13	410	12	1	0	x									
Ranch Sauce	2 oz	270	250	28	4.5	0	25	4	450	3	1	0	x		x							
SALAD DRESSING																						
Ken's Buttermilk Ranch Dressing	1.5 oz	200	180	20	3	0	15	2	280	1	1	0	x		x							
Ken's Blue Cheese Dressing	1.5 oz	230	220	24	4.5	0	20	2	320	2	1	0	x		x							
Ken's Fat Free Italian Dressing	1.5 oz	15	0	0	0	0	0	5	700	3	0	1										
Ken's Honey Dijon Dressing	1.5 oz	120	60	7	1	0	15	14	390	14	0	0	x									
Ken's Thousand Island	1.5 oz	190	160	18	3	0	20	6	350	6	0	0	x									
Ken's Fat Free Ranch	1.5 oz	40	0	0	0	0	0	11	540	4	0	1			x							
Homestyle Cheese Garlic Croutons	1/2 oz	60	20	2	0	0	0	9	170	1	1	0			x					x		

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DRINKS																						
Bottled Water	20 oz	0	0	0	0	0	0	0	0	0	0	0										
Coffee (16oz)*	Sm	5	0	0	0	0	0	10	0	1	0											
Coffee (20oz)	Regular	5	0	0	0	0	0	10	0	1	0											
Diet Mountain Dew (16oz)	Small	0	0	0	0	0	0	80	0	0	0											
Diet Mountain Dew (22oz)	Regular	0	0	0	0	0	0	110	0	0	0											
Diet Mountain Dew (32oz)	Large	0	0	0	0	0	0	160	0	0	0											
Diet Pepsi (16oz)	Small	0	0	0	0	0	0	80	0	0	0											
Diet Pepsi (22oz)	Regular	0	0	0	0	0	0	110	0	0	0											
Diet Pepsi (32oz)	Large	0	0	0	0	0	0	160	0	0	0											
Dr Pepper (16oz)*	Small	190	0	0	0	0	0	52	60	51	0											
Dr Pepper (22oz)*	Regular	260	0	0	0	0	0	72	80	70	0											
Dr Pepper (32oz)*	Large	380	0	0	0	0	0	104	115	102	0											
Milk 1% Lowfat (White)	8oz	110	20	2.5	1.5	0	10	13	130	12	8	0			x							
Milk 1% Lowfat (Chocolate)	8oz	160	25	2.5	1.5	0	10	27	220	25	8	0			x							
Mist Twist (16oz)*	Small	200																				